





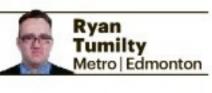
CITIZEN SCIENTIST Fear not falling space junk Science Says

Your essential daily news | WEEKEND, APRIL 15-17, 2016

High 16°C/Low 2°C Mostly sunny

NDP **TABLE BIG-DEBT** BUDGET

Province projecting oil will average \$42 a barrel in 2016 — and setting aside \$700M for the worst-case scenario



Alberta will carry a \$10.4 billion deficit this fiscal year, breaking the debt limit the NDP government imposed on itself just six months ago - and the red ink is forecast to remain until 2024.

Finance Minister Joe Ceci presented the budget in the legislature Thursday, which forecasts \$32 per barrel, Alberta's total debt and liabilities to rise to \$57.6 billion by 2019.

At the crux of the budget is the price of oil, at its lowest mark in four decades. Revenues from oil are projected to hit just \$989 million in 2016-2017, roughly 85 per cent lower than just two

The government is projecting oil will average \$42 per barrel in 2016, but has prepared itself for

setting aside \$700 million for a worst case scenario.

The \$57.6

billion in debt

is 15.5 per cent of the province's gross domestic product, exceeding the 15 per cent limit the government made law last fall.

"We're in a different situa-

tion than we were six months ago," said Ceci, explaining new legislation would be introduced to remove the cap.

Ceci said he's not prepared to slash programs to get out of the

See what's inside, metroNEWS

deficit faster. 'To balance sooner would require that we undertake

brutal cuts to health and education," he said. "We will not make the choice of balancing our books and reducing our debt on the backs of Albertans."

Wildrose finance critic Derek Fildebrandt conceded the collapse in oil prices was a real problem for the province, but said the government isn't even trying.

"It's a challenging situation for any party to handle, the problem is they have no plan whatsoever and they are making the problem worse," he said.

He said there are ways to trim that don't involve slashing front line programs.

"There is no appetite, whatsoever, from the government to even move in the right direction to balance the budget."





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The wild blueberry industry is suffering in Maine due to the low value of the Canadian dollar. The U.S. said it will buy up to 13.6 million kg to stabilize prices and supply

Your essential daily news

Weekend, April 15-17, 2016



Metro is read by 457,000 Calgarians daily. METRO FILE

VIVIDAT

We're the most read in Calgary all week

If you're seeing that stack of newspapers disappear quickly from the familiar green boxes in the mornings, it's because Metro is the most-read newspaper in Canada every Monday to Friday, according to a readership survey released by Vividata on Thursday.

In Calgary, Metro is the number one most-read print newspaper, Monday to Friday (5-day cumulative), reaching 457,000 citizens throughout the week, compared with the Calgary Herald reaching 437,000 and the Calgary Sun with 434,000.

In order to make that happen, we'd like to thank the 162,000 Calgarians who pick us up each day.

With more than 1.6-million weekday readers in seven major cities, Metro English Canada is slightly up on the Toronto Star and well ahead of the Globe and Mail, which has 1.2-million readers.

When print and digital results are combined, Metro is in fourth place with more than 1.9-million readers.

Cathrin Bradbury, Metro's editor-in-chief, said she is proud of the quality of the content produced by newsrooms stretching from Halifax to Vancouver.

"The Metro brand — young, urban, diverse, professional — is stronger than it's ever been. That's in large part because the Metro staff who produce terrific local content every day, for our seven city newspapers across Canada, are exactly like the audience they serve: Hardworking young people who are passionately committed to improving the cities where they live. This study is a much-deserved nod to their work, and to the joy our readers take in it."

A testament to Metro's popularity is its position as the second-most read newspaper in Toronto, Ottawa, Halifax and Winnipeg. In addition to the newspaper, Metro is on various digital platforms, including desktop, mobile web and has news apps for Android and the iPhone. METRO

Why city's clean sweep is leaving so many bristling

TICKET FRENZY

Spring clean of streets catches more parked cars than ever



Helen Pike Metro | Calgary

The seasonal sweep has never been more lucrative.

Since the city's street sweeping program launched April 3 they've written 880 parking tickets as part of their spring cleaning program. At the new rate of \$120 a pop, that brings this year's cumulative earnings to a healthy \$96,000 — if they collect all those fines.

"We're only one week in there's a difference this year in the fact that we've done community ticketing. If I had to guess I'd say that's making an impact," said Brittany Kustra, Roads spokesperson.

The parking fines steepened as part of a council directive last year to help the city cover costs of towing. In 2014, short-term tows cost the city \$120,000. This year, instead of having voluntary parking bans, communities where sweeping is underway must move vehicles, or get ticketed.

Enforcement this year is higher, but Kustra noted it's not possible for the Calgary Parking Authority to hit every single neighbourhood with



City of Calgary is getting all that dirt and grime out of the way for summer, and wants citizens to move their vehicles to help make it happen. METRO FILE

fines. That means although there's a greater chance you could get a ticket — you're also likely to get off scot-free.

Feedback has been somewhat positive, but even with the threat of fines, the city is still seeing old problems settling among the dust.

"We really are just trying to get the message out there for people to move their vehicles," Kustra said. "We don't have the capability to ticket everyone, I think we've seen really good compliance in some areas, but then year over year there are just some areas where there's always going to be vehicles on the road."

Coun. Andre Chabot has said in the past that neighbourhoods often complain about the program because their streets, although swept, often end up staying dirty. And that's largely because of people ignoring the no-parking signs.

In 2015, 14,600 kilometres of city roadways were cleared of gravel and dirt but only 1,300 kilometres — or 200,000 parking stalls — had parking bans.

The bans were typically placed in major thoroughfares and almost never in residential areas.

This year residents can expect to see sweepers in residential areas, with parking bans, even on the weekend.



We're really just trying to get the message out for people to move.

Brittany Kustra

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Bylaws may prevent Lyft-off

RIDESHARING

Uber competitor had been eyeing Calgary



Helen Pike Metro | Calgary

Lyft probably won't be setting up shop in Calgary anytime

According to a Lyft spokesperson, the ridesharing app is unable to operate in Calgary due to our new bylaws. This comes after Uber, another ridefor-hire company, also told the city its rules were "unworkable" for the business model.

The made-in-Calgary solution launched with Mayor Naheed Nenshi's seal of approval.

"While Calgary is a market we'd like to explore sometime in the future, the regulations currently in place would not be conducive for a ridesharing service like ours to successfully operate in the city," wrote Lyft

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Ridesharing app Lyft has deemed Calgary's new bylaws to be unworkable with their business model. CONTRIBUTED

spokeswoman Danyelle Ludwig in an email on Thursday. The company didn't respond

to follow-up questions but previously told Metro in an email on Feb. 19 they hadn't yet made plans to launch in Calgary, but that the city was a good fit.

Coun. Evan Woolley said he isn't surprised to hear another company turning up its nose

at Calgary bylaws.

"While I appreciate this might be a part of a negotiating tactic, I had every confidence Uber was serious when they said this, and some people thought it was important to call their bluff," said Woolley. "The way they operate effectively is drivers can enter the system as seamlessly as possible, and from my perspective that's something we want to work towards."

Although Uber and Lyft may be pooh-poohing regulations, it hasn't stopped other Albertabased companies from eyeing the market. The day the new livery bylaw came into effect, four companies were already applying to become a Transportation Network Company.

"We've had local and regional companies begin the process of becoming a Transportation Network Company operators," said city spokesperson Carissa

"We are delighted to see local innovation and it's great to see potential jobs being created by Calgarians and Albertans for Calgarians and Albertans."



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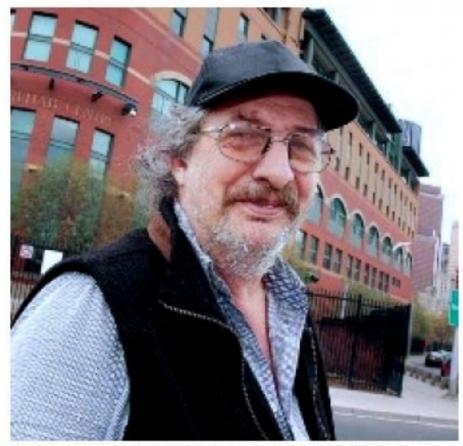


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Kevin Weaver's CTrain ticket turned out to cost him six days behind bars, JEREMY SIMES/FOR METRO

Jailed over a CTrain ticket

Imprisonment for minor offences would end with Bill 9



Jeremy Simes For Metro | Calgary

Shacked at the ankles, Kevin Weaver felt he was being treated like a murderer, not like someone who forgot to pay his CTrain ticket.

said he's pleased with the government's newlytabled Bill 9 - the Act to Modernize Enforcement of Provincial Offences — which would terminate warrants and im-

prisonment for minor infractions Six days in jail for failing to pay for his train ticket, he said, was a waste of time.

"It was stupid," he said. "Police could've had the more bad guys in there instead of me."

Weaver recalled he was renewing his drivers licence when it was determined he had a warrant out for his arrest.

"I had forgotten all about it (the ticket)," he said. "The next thing I know, here I am - handcuffs, leg irons and I'm being hauled off to Spy Hill (the Calgary Remand Centre)."

On Wednesday, Justice Minister and Solicitor General Kathleen Ganley said about 2,000 people are jailed annually for minor offences, spending nearly three days in jail at a cost of \$800,250 in total.

Jail wasn't an awful place it was a waste of space, Weaver

"It wasn't all that bad. Treatment inside was fine," he said. "Once they set me up, I was probably the most popular guy in the block because I had smokes."

Calgary Police Service spokes-Weaver, who's a client at man Kevin Brookwell said the the Drop-In and Rehab Centre, legislation will in essence help

> decriminalize the poor.

> "It is an ongoing issue," he said. "It takes up a lot of police time and it takes a lot of court time. We're just adding to the prob-

Police could've

had the more

bad guys in there

instead of me.

Kevin Weaver

lem (currently), we're not addressing the problem." Bill 9 will let vehicle registries

use restrictions to enforce overdue fines for things like bylaw infractions, as long as the infraction is \$1,000 or less.

Minister Ganley said the legislation will better "catch" offenders as more than 97 per cent of Albertans use registry services.

If passed, the government has yet to determine when changes are made to the current law. WITH FILES FROM LUCIE EDWARDSON

ASIRT confirms probe into deputy chief



Lucie Edwardson Metro | Calgary

The Alberta Serious Incident Response Team (ASIRT) has confirmed they are investigating Calgary Police Service Deputy Chief Sat Pahar.

In a release Thursday, ASIRT said their general policy is not to confirm investigations related to serious or sensitive allegations of police misconduct.

"It may compromise investigational strategies and negatively impact the outcome," said the release.

ASIRT said that because CPS has already spoken to media about ASIRT's involvement, they will confirm there is an ongoing investigation.

"ASIRT will confirm it has been directed by the Director of Law Enforcement to investigate allegations under s. 46.1(1)(b) (ii) involving CPS Deputy Chief Parhar," said ASIRT. "The matter

is being actively investigated."

The goal of all their investigations is to determine if misconduct occurred, and if it did, whether it is an offence under the Criminal Code, any act of Parliament of the Legislature of Alberta.

CPS spokesperson Kevin Brookwell told Metro Wednesday that Chief Roger Chaffin knew Pahar was under investigation prior to promoting him to deputy chief.

Brookwell said Pahar was

under investigation for allegations of impropriety and that it was a procedural matter under the Police Act - not a criminal allegation.

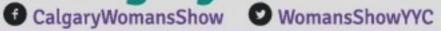
"Yes the chief was aware of it," said Brookwell. "When you weigh that allegation and what the allegation is about with the service that then Superintendent Parhar had given to the service, and his exemplary career, the chief was satisfied that it would have no bearing on his ability to perform at the next rank."

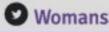


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ALBERTA'S 2016 BUDGET

\$51 BILLION

(expenses)

Finance Minister Joe Ceci delivered the Alberta budget Thursday.
These are the highlights.





WAYS YOU'LL BE AFFECTED BY THE BUDGET



STUDENTS

Alberta students will continue to enjoy a tuition freeze that they first experienced last year, as the government provides a two per cent increase to universities across the province.



CARBON TAX

As of Jan. 1, 2017, you'll be paying a carbon tax on fuels that produce carbon dioxide when burned — 4.5 cents for gasoline, and 5.4 cents for diesel. These will all go up again by 50 per cent on Jan. 1, 2018. Offsetting this will be rebates based on income.



PUBLIC WORKERS

The government will continue a freeze on government manager salaries as well as MLAs and political staff. There was no mention of wage employees in the budget.



SMALL BUSINESS

Small business owners will pay less tax after Thursday's budget comes into force — their tax rate drops to 2 per cent, from its previous 3 per cent. Manitoba's is the only one that's lower now.



TOURISM

The Calgary Zoo will get \$10 million and Fort Edmonton Park will get \$34 million for their expansions, as the province attempts to bring more tourists to the province.



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WIND

ALBERTA'S 2016 BUDGET



Mayor Nenshi says if there's no rebate for carbon tax, the city may have to raise property taxes, PHOTO CREDIT IN SMALL CAPS

Carbon tax strains cities, says mayor

The long-term annual burden

on Calgary, per Mayor Naheed

Nenshi's

estimate.

of the carbon tax

MUNICIPALITIES

Naheed Nenshi sees good and bad in budget



Helen Pike Metro | Calgary

Mayor Naheed Nenshi said the province's plans not to rebate the City of Calgary on the carbon tax "isn't going to fly."

On Thursday, hours after the budget dropped, the mayor had good and bad to say about the latest NDP budget. But he put

his foot down when it came to municipalities forking over more money as part of the new carbon

"The City of Calgary fills many, many, many tanks of gas every single day, Our best estimate is that not being rebated the carbon tax on all those tanks...that

we fill every day, the first year in 2017 will be about \$2.6 or \$2.7 million, rising to \$6.5 million," Nenshi said. "To put that in context, that's a half point increase on the property tax only for paying another order of government its taxes."

If the city and province don't come to an agreement on how to handle the extra taxation,

money will likely have to be cut or moved around in Calgary's budget - possibly rearing it's head on the citizen property tax form.

"Unlike the provincial government, the city does not, cannot and will not run a deficit," Nenshi said.

"Our goal would be to shave that amount somewhere else, but that's hard to do on fuel. Police cars, fire trucks, garbage trucks and buses have to be out there, so as a result the only thing to do is go to the taxpayer for it."

His idea: create an exemption on city vehicles, or a rebate for municipalities.

> Nenshi noted a few positives, which included the city's first new allocation of housing dollars a chunk of \$900 million. A clear funding allocation for the Green Line was absent from the budget, but he wasn't too concerned.

"The Green Line is a very, very long-term funding commitment, and the City of Calgary has funded \$52 million a year, times 30 years," said Nenshi.

"I think it would be unfair for us to expect the federal and provincial governments to pay for it over two years. Let's figure out how to pay for this thing over the long-term."

Post-secondaries see some positives

Post-secondary mental health funding has been extended but not long enough to calm the storm of anxious student leaders looking out for their colleagues' stable future.

On Thursday, the provincial government announced their promised tuition freeze and the 2 per cent backfill for post-secondary institutions a welcome move of stability in

tough economic times.

The new item, one students have been rooting for, was also in the budget: \$3.1 million in renewed funding for mental health initiatives.

"To be honest it's still a bit of a question mark, because mental health is only being renewed for a year," said chair of the Council of Alberta University Students (CAUS), Romy

Garrido.

For universities looking to balance budgets, the announcements have them breathing a sigh of relief. As Mount Royal University president David Docherty said, it's a time of gratitude and optimism.

"Post-secondaries are counter-cyclical, our demand goes up as job opportunities go down, and for them to re-

invest and keep their commitment of two per cent for us is quite frankly very gratifying," Docherty said.

The budget also included:

· a confirmation of funding for the Riddell Library on MRU campus

 capital funding for the University of Calgary (including \$17 million for the MacKimmie Complex) HELEN PIKE/METRO



ALBERTA'S 2016 BUDGET 🔮

Province announces carbon tax details

Gas to rise 6.73 cents a litre by 2018; rebate to offset impact



Ryan Tumilty Metro Edmonton

Albertans now know how much they can expect to pay for the government's carbon levy and what they can hope to get back.

Filling up at the pump will cost an additional 4.49 cents per litre in January 2017 and 6.73 cents per litre in 2018 when the tax is fully implemented.

Natural gas will cost an additional \$1.517 per gigajoule when the tax is fully implemented adding to the cost of home heating for most Albertans. The numbers are equivalent to a \$20 per



MLA Joe Ceci and Premier Rachel Notley. THE CANADIAN PRESS

tonne levy in 2017 and a \$30 levy in 2018.

Environment Minister Shannon Phillips said the tax would help bend the curve on carbon emissions, but couldn't say exactly how much it's expected to reduce Alberta's emissions.

"It's a powerful incentive for families, business, and others to reduce their carbon emissions. We know this from carbon pricing initiatives in other

jurisdictions," she said.

The tax will come with a rebate to offset its impact on lowand middle-income families.

Single adults that make less than \$47,250 will receive \$200 per year in a rebate in 2017 and couples will receive \$300 along with a \$30 credit per child. That number will rise with the levy in 2018, with single adults being eligible for \$300 and couples (earning less than \$95,000 total)

That full rebate will apply to about 60 per cent of Albertans and will phase out based on in-

Over the next five years, the government expects to raise \$9.6 billion, which in addition to the rebates, will pay for a small business tax cut, investments in renewable energy projects, green infrastructure like public transit and a new Energy Efficiency

Phillips said the government will work on the details of specific projects and initiatives for the money in the year ahead.

"We have given ourselves time to hear thoughtfully from municipalities and partners and then make the investments that best serve them."

Wildrose finance critic Derek Fildebrandt said it was coming at the worst possible time.

"It's going to cost families a lot when they can't afford it."

CBE encouraged by government funding

to be challenged

with inflationary

pressures.

Joy Bowen-Eyre



Lucie Edwardson Metro | Calgary

Following the provincial government's 2016 Alberta budget, the Calgary Board of Education said they're optimistic.

Joy Bowen-Eyre, CBE board chair, said they've worried about the budget they've received from

previous governments over the last number of years, but this year We will continue they're glad to see education at the forefront.

"With the limited information we have, we can

say that we're encouraged that the government continues to put a priority on educating the next generation of Albertans," said Bowen-Eyre.

Frank Bruseker, Alberta Teacher's Association Local 38 president, said the budget wasn't all bad news, but it wasn't all good news either.

"It looks like the government

is still committed to funding increases in student numbers so, that's a good thing," he said. "But, I saw a number of Calgary schools have now moved into the capital projects not funded category."

The 2016 budget provides \$7.9 billion for education over 2016-17, keeping the government's commitment to fully fund enrolment growth, projected at

1.3 per cent.

"If we continue to see growth, even at a slower pace, that we have seen in Calgary, that's going to be a bit of a problem for students in Cal-

gary classrooms," said Bruseker.

Bowen-Eyre echoed Bruseker's worry: "We are grateful to be funded for growth and to know that the approximately 1,500 new students in the CBE next year will be fully funded," she said. "However, we will continue to be challenged with inflationary pressures." WITH FILES FROM AARON CHATHA/METRO



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Medical site gets \$1.2B earmarked

Funding to help **build Calgary Cancer Centre** for 2024



Jeremy Simes For Metro | Calgary

The government has ear-

marked \$1.2 billion for the Calgary Cancer Centre, a commitment that has the Alberta Cancer Foundation confident the much-anticipated facility will open by 2024.

Tabled Thursday, the province's health budget will up spending by about three per cent for the 2016-17 fiscal year, a drop from the six per cent spending growth rate that it's seen in recent budgets.

"We want to make sure we're moving forward thoughtfully," said Health Minister Sarah Hoffman.

"We know that we need to reduce wait times, so if you cut access to MRIs. CT scans and cancer surgeries, it would do the opposite."

Though the government hasn't determined the exact cost of the centre,

Premier Rachel Notley said costs will likely remain around \$1.3 billion.

Myka Osinchuk, CEO of the Alberta Cancer Foundation, said the \$1.2 billion commitment reinforces all the work currently being done to plan the facility.

"We've seen a number of stops and starts to get this built, so to see this funding commitment is fantastic," she said.

The government will roll back Alberta Health Services

administration spending by 23 million, while increasing facility-based patient services at AHS sites by \$93 million.

Wildrose Health Critic Drew Barnes said the government should have cut more money from the AHS bureaucracy and allocate that same money to front lines instead to improve care.

"This minister needs to get more value for Albertans' health-care dollars," he said.



Sarah Hoffman. METRO FILE



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Alberta Health says it didn't need to declare a state of emergency amid opioid crisis. FILE

PUBLIC SAFETY

Health Minister defends response to opioid crisis

This is a matter

of life and death

and we are

Health Minister

Sarah Hoffman

The Alberta government says it chose not to declare a public health emergency amid the province's fentanyl crisis, after seeking legal advice last fall that suggested it has all the power necessary to address the threat.

On Thursday, British Columbia became the first province in Canada to declare a public health emergency after a dramatic increase in the number of overdose deaths from illicit drugs such as fentanyl.

Though the declaration will let B.C. health officers collect realtime information without having to wait for data from the coroner's of- treating it as such. fice, Health Minister Sarah Hoffman said the government didn't need

to declare an emergency to move forward to fight the crisis.

"This is a matter of life and death and we are treating it as such," Hoffman said in an email. "We have taken a number of measures to address the illicit use of fentanyl and other opioids, including more than doubling the province's supply of take-home naloxone kits, expanding the number of sites distributing takehome naloxone and expanding the scope of practice of health care providers."

But under B.C.'s state of emergency, information on the circumstances of any overdose where emergency personnel and health-care workers respond will be reported as quickly as possible to medical health officers at regional health authorities. That will include location of overdose, drugs used, how they were taken, and age and sex of the person.

In Alberta, the number of deaths associated with opioid use

currently come through the Justice department.

B.C. has recorded 201 overdose deaths in the first three months of 2016, where 64 of those deaths were related to fentanyl. B.C. officials said they

expect that number to climb to about 700 or 800 by the end of the year.

The government said 2016 death-toll numbers associated with fentanyl will be available in May. In 2015, Alberta recorded 272 overdose deaths where fentanyl was detected.

Rule changes let Alberta EMTs and first responders administer naloxone; RNs to prescribe the antidote; and paramedics, EMTs and EMRs to dispense naloxone kits. JEREMY SIMES/METRO



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Indigenous inclusive

RECOMMENDATIONS

School task force has ideas for 'infused' education

Stephanie Joe Metro | Calgary

About four years ago, an Indigenous Task Force was struck with Werklund School of Education (WSE) to help indigenize education.

With the TRC commission wrapping up in December 2015 with 94 calls to action to improve indigenous and non-indigenous relations, Werklund School of Education sees the benefit in indigenous educa-

For 11 years, since she has began working there, Jacqueline Ottmann, director of Indigenous Education Initiatives for WSE at the University of Calgary, has been working toward change in that area.

In March 2015, WSE Indigenous Task Force came up with 10



The Werklund School of Education is working to include indigenous education into their curriculum. KENNETH APPLEBY/FOR METRO

recommendations to develop an inclusive environment for indigenous education.

"The history that includes indigenous peoples is now being taught to all students," said Ottmann.

"Within our faculty we have a course called indigenous history and leadership - it's mandatory for all education students to take this course so they can graduate."

Ottmann is excited about seeing the change happen at WSE, and she said an indigenous strategy steering committee has been struck as well as a working committee for all

"We're informing our student body and our faculty," said Ottmann. "That is ultimately what we would like to do throughout all of campus being more inclusive of all the histories that are a part of our Canadian story."

Sharon Friesen, vice dean of WSE, said that indigenous

The history that includes indigenous peoples is now being taught to all students.

Jacqueline Ottmann

education is infused into other courses.

"So it's not just, you take your course on (indigenous education) and that will be it," said Friesen.

"There's the opportunity and expectation that those will be brought into every one of our courses."

She feels it's important that as a university, they need to take the lead on indigenous initiatives.

"It will come to say who we are as Albertans," she said. "I think that's an important component of a university in shaping community."

To view the recommendations go to werklund.ucalLegislation is 'cautious

first step'



Alberta's associate health minister thinks the federal government's newly-tabled right-to-die legislation is a "cautious first step."

On Thursday, the Canadian government introduced a longawaited and controversial new law spelling out the conditions in which seriously ill or dying Canadians may seek medical help to end their lives.

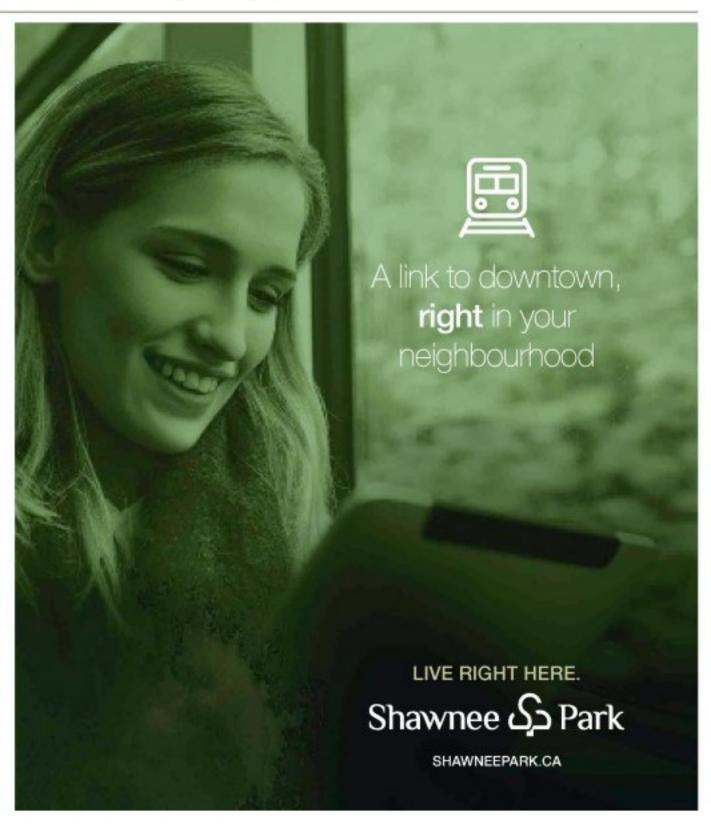
The legislation said there should be a choice of medically assisted death "for adults who are suffering intolerably and for whom death is reasonably foreseeable."

Alberta Associate Health Minister Brandy Payne said the province doesn't find the legislation concerning.

"We think it's a cautious first step," she said.

"We're pleased to see the strong specific safeguards built into the bill. We're continuing to look at the implications and then decide what the best way will be to move forward."





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'These kids are the cream of the crop'

Six hundred of Canada's best young wrestlers hit the mat

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Canada's best young wrestlers will be hitting the mat this weekend for the 2016 Cadet Juvenile Wrestling Champion-

Russ Mendonca, a member of the organizing committee, said the 600 wrestlers, between 14 and 18-years-old, will be competing at the event at the University of Calgary's Jack Simpson gymnasium.

"It's pretty obvious that these kids are the cream of

the crop—there's a number of future Olympians in this tournament," he said.

Not only will future Olympians be in attendance but also current Olympians heading to this summer's Olympics in Rio, both as coaches and observers, according to Mendonca.

"They'll be there to show their support for Canadian wrestling," he said. "Some of them are coaches, some of them are volunteering, but

HEALTH CARE AIDE

they'll be there to help out."

The tournament, which has been organized to mimic big international tournamentswith dim lights and formal handshakes-takes place Friday and Saturday from 9 a.m. to 7 p.m. and Sunday from 9 a.m. to 2 p.m.

Mendonca said there will also be an opportunity for competitors to tryout for the national team set to compete overseas this summer.



Competitors throw down at the 2015 Cadet Juvenile Wrestling Championships in Fredericton, New Brunswick. CONTRIBUTED

Victory for Métis, non-status Indians

Stephanie Joe

For Metro | Calgary

Shalome Hope has always known she was Métis and Cree, but she says that it feels like a victory to finally be recognized by the Government of Canada.

The Supreme Court ruled Thursday that 665,000 Métis and non-status Indians are now considered "Indians" under the Constitution and will negotiate land-claims and other benefits with the federal government.

For Hope, a Calgarian, who has grown up as both Métis and non-status Indian - Cree on her dad's side - this recognition comes as a huge victory.

"We know we come from this land," said Hope.

"I've always known that and my family has always known that and finally Canada acknowledges it as well. Really, it's a moment of celebration."

Hope's dad grew up in the residential school system, being from Cree heritage, but he wasn't considered status Indian until recently.

"He experienced marginalization and racism and he went to residential school, but he didn't get treaty rights," said Hope.

"He was just as affected as

everyone else but the treaty rights weren't honoured."

Hope sees a bright future for herself and family, because of this amendment.

"This changes things for my daughter," said Hope. "All of our kids are now recognized as Métis, which is different than how my parents and I have grown up. We have a lot to look forward to."

Hope paid tribute to Louis Riel, a political leader of the Métis people who was executed in 1885.

"It would be awesome if Canada would absolve him of his treason charges and see him as a hero because this is a continuation of what he started for us," said Hope. "It's nice to be acknowledged."



Shalome Hope KENNETH APPLEBY/METRO

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Police ask public for help with vehicle vandals

The Calgary Police Service is seeking public assistance in locating vehicle vandals.

CPS is dealing with 17 cases of smashed vehicle windows from earlier this week in the southeast community of Elgin.

Sometime between 11 p.m. and 4:30 a.m., Monday, police believe that one or more people in a vehicle drove around Elgin and randomly shot out windows of parked vehicles with a pellet gun.

There were no witnesses to the offenses.

No one was hurt as a result of the vandalism, however the total cost of the damage could be as high as \$17,000.

Anyone with information about this incident is asked to contact the Calgary Police Service nonemergency line at 403-266-1234.

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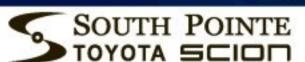
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SADDLEDOME

Councillor hopeful for 2nd life



Lucie Edwardson Metro | Calgary

As CalgaryNext continues to be the talk of the town, those who own the Scotiabank Saddledome are mulling over possible consequences for the iconic building, including repurposing, something that isn't a new idea for old sporting complexes.

A request for proposal released this week by the city, in conjunction with the Saddledome Foundation Board, is asking for a report to be delivered this fall that shows prospective uses for the building.

"The successful proponent will be responsible for completion of the study including multiple scenario options and production of a final report to be used by the city and the Foundation as the future of this facility is debated," reads the RFP.

"Services required in the scope of work include but are not necessarily limited to facility planning, architecture, engineering, facility rehabilitation, business and facility financial planning services."

Ward 5 Coun. Ray Jones, who sits on the Saddledome Foundation board, said he can't imagine the city's skyline without the famous saddle-roofed building.

"I would like to see repurposing done on the Saddledome," he said. "It's a major part of our downtown skyline."

Jones said the report is to be delivered in October, and would explore at least four options, including: continuing to operate the building in its current form, repurposing the facility, decommissioning the building but having it available for special events, or demolition.

scholarships



REPURPOSED SPORTS VENUES

Metro looked into what other North American cities have done in terms of repurposing their aging venues when faced with similar scenarios.



Montreal Forum

Located across the street from the Cabot Square in Montreal, the Forum was home to the NHL's Montreal Maroons from 1924-1938 and then the Montreal Canadiens from 1926-1996 (during which time they hoisted 22 Stanley Cups). Now, the building is the home to a Cineplex movie theater, a bowling alley, a sports bar, arcade, a Tim Hortons and a Montreal Canadiens gift shop — to name a few.



Bush Stadium

Located in Indianapolis and built in 1931, and according to CORE Redevelopment, it served as a significant venue for both segregated and integrated baseball and in 1997 it became a dirt track for midget auto racing. CORE said that in 2011 it was proposed the building be converted to apartments, and the apartments became a reality in 2013. It's now called the Stadium Lofts.





Maple Leaf Gardens

Located in Toronto on the northwest corner of Carlton Street and Church Street, the building was originally the home of the Toronto Maple Leafs from 1931-1999. In 2004, the building was converted to a multi-purpose facility. It is currently home to Loblaws, Joe Fresh and a LCBO liquor store. It still has a much smaller arena, which is the home ice for the Ryerson University Rams.

Olympic Auditorium

According to LA Weekly, the Olympic was L.A.'s home for boxing and wrestling as early as 1925 and was the home to local televised boxing matches throughout the '60s. The building hosted its last major event — an Oscar De La Hoya fight — in 1994. In 2005 the Olympic was converted to a church.



The Great American Pyramid

According to Sports Illustrated — the giant pyramid located in Memphis is a 60 per cent replica of the Egyptian Pyramids. It once was the host to the University of Memphis basketball program as well as the NBA's Memphis Grizzlies until 2004 when the FedEX Forum opened. Now, the building has taken on an entirely different purpose, opening as a Bass Pro Shop in 2015, after signing a 55-year lease with the city.



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Through the drinking glass

WINE

Calgarian in a new world via rare sommelier credential



Aaron Chatha Metro | Calgary

Seven years of education and thousands of glasses of wine later, all that was left was one test to bring Cam Pinkney's sommelier dreams to fruition.

It was a January afternoon, and before him were 12 wines - whites, reds and even some rosé to mix it up - and Pinkney had to correctly identify the characteristics of each glass in order to gain his final sommelier credential.

"You assess it by appearance, by nose and by pallet," he said. "Through all the training and tasting we've done, we can assess if it's a hot-climate- or cool-climatestyle wine. The aging practices - is it oaked or unoaked?"

Pinkney took in the nuan-



Cam Pinkney worked for seven years to reach his current credential. JENNIFER FRIESEN/FOR METRO

ces of each glass to figure out what regions they came from.

Those must have been some grape taste buds, because when Pinkney received his results back in April, not only did he pass but he also

landed himself a brand-new job - and a brand-new life - in West Virginia.

Starting in May, Pinkney will be the new sommelier at one of America's oldest golf course and resorts: the Greenbrier. The resort holds five championship golf courses for the PGA tour and 13 food and beverage outlets.

"To be able to run their wine program is pretty amazing," he said.



When you look at wine, it's an everevolving thing. It's a consistent challenge.

Cam Pinkney

Pinkney joins a club of about 7,000 people worldwide with his sommelier credentials - and not only did it involve years of tasting but a surprising amount of reading. Yet it's something he's always had a passion for.

"I come from an athletic background, where challenges come every shift or every game," he said. "When you look at wine, it's an everevolving thing. It's a consistent challenge."

He said wine has infinite possibilities for learning. It can make or break dining experiences and helps people come together.

Now that his wine knowledge has fermented to a new peak, he'll also be racking up swings.



Cost does matter...

Pricing is important when it denotes the quality of fruit that's in the bottle.

"It starts in the vineyard," explained Pinkney. "You can't make good wine from bad grapes."

The price can fluctuate depending on aging practices and labour. Hiring labour to handpick the best grapes instead of using a machine is more costly, and those costs translate into a higher shelf price.

...except when it doesn't

Prices also come down to what consumers are willing to pay, Pinkney said. A new winery could emerge for Alberta, which is rare, and they wouldn't be able to charge higher prices because their company and region lack name recognition.

But, despite the lower price, it might still be a good wine.

"The easy answer is: Drink what you like," said Pinkney. "If you like a \$12 bottle of wine, drink it. If you want to pay \$50 for a bottle of wine, no problem."



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Boxed in with Robin Hood

SCENE YYC

Minimalist production uses cardboard boxes as set



Aaron Chatha Metro | Calgary

As the world reels over the news of the Panama papers and offshore wealth, Y Stage artistic director Nathan Pronyshyn feels the tale of Robin Hood has never been more relevant.

The stage adaption follows a familiar tale — a cunning rogue who steals from the rich and gives to the poor.

And such a resonating production also requires a lavish set... or in this case, a mountain of cardboard boxes and a shopping cart.

Also, the entire play only has

"These two actors are hilarious," assured Pronyshyn. "It's really fast-paced, high energy storytelling. There is quite a lot of spectacle."

The actors are part of Visible Fictions, from Glasgow, Scotland.

The last time they rolled through Calgary, they performed Jason and the Argonauts, using He-Man figurines.

Since then, Pronyshyn has been aching to bring them back — and Robin Hood seemed to be a perfect fit for Vertigo's Y-Stage,



Maybe (kids will) walk away thinking, 'wow, what can I do with that fridge box at home?

Nathan Pronyshyn



Performed by a Scottish duo, this take on Robin Hood has two actors playing every part. COURTESY NEIL THOMAS DOUGLAS

which is aimed at a younger theatre-going audience.

The actors will use the boxes — and shopping cart — to create sets and props, while moving through the story at a light-

"I like the story of Robin

Hood," said Pronyshyn.

"I have a fond memory actually of the old cartoon one. I just loved the lines around justice, good and evil and what's right and wrong."

The play, for all it's fun, doesn't provide a black and white image of the titular hero. Robin Hood himself is presented as flawed character, which Pronyshyn will help generate discussion among the youth watching the show.

"I always hope kids and families come and maybe connect to the story. But we know this story," laughed Pronyshyn. "Maybe they'll walk away thinking, 'wow, what can I do with that fridge box at home?"

Visible Fictions specializes in doing paired down, irreverent takes on classic stories.



The play runs in Calgary from April 22 to 24. For more information, visit www.vertigotheatre.com.



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Praise for army of hospital volunteers



Hospitals just wouldn't be the same without their volunteers, according to a South Health Campus executive.

From April 1, 2015 to March 31 of this year, 15,000 Alberta volunteers gave more than 992,800 hours of their time to support patients in hospitals, coinciding with Alberta Health

Services' volunteer week.

Lori Anderson, senior operating officer at the South Health Campus with Alberta Health Services, said volunteers give hospitals a little boost.

"I think they provide an added caring feature," she said. "Hospitals are caring, but I think the volunteers had a whole other dimension of making things a little bit better in a tough situation."

Volunteers offer a listening ear, guide patients around fa-

cilities, drive patients to appointments, provide feedback through Patient and Advisory groups and support retail gift

347,631

The Calgary Zone had over 5,100 volunteers who spent 347,631 hours from April 1, 2015 to March 31 of this year.

"You know, coming to the hospital for the first time can be a bit intimidating and confusing, so it's just somebody there to just lend a hand," she said. "It's invaluable."

Anderson said many volunteers tell her they help as a way to give back.

"They're passionate about health and care deeply about people, and making a difference during a difficult time," she said. "They just want to help out."



The ballet delves into Elton John's history for everything from sets to costume inspirations, courtesy in Thompson

Swinging to story of the Rocket Man

Calgary crew team up with Elton John for ballet special



Aaron Chatha Metro | Calgary

Rock meets ballet in the Elton John Ballet — Love Lies Bleeding, an Alberta Ballet production running in Calgary from May 5 to 7.

Artistic director and choreographer Jean Grand-Maitre talks about collaborating with the legendary rocker in a more classical art medium.

Q: Part biographical, how was the ballet's narrative put together?

A: "When I first met him (Elton John) in Las Vegas, in 2007, it was to do my pitch for the ballet. So, it had to be good. When I met him, the first thing he said to me was, he talked about how he was an alcoholic, how he was bulimic, drug addiction - you name it. And he survived this. He said to me, he went sober in 1999, and after that he dedicated his life to real values.

"It's the story of a rock superstar. Basically, what Elton John wanted was to use his life as the support

for a narrative that educates people on alcoholism, homosexual repression, drug addiction and what it did to him. It's an educational ballet in that way. He chose the title himself."

Q: What is a multimedia ballet?

A: "It's a ballet that uses a lot of new technology. Projects, different kinds of scenery. The whole ballet uses a lot of visual projected images to tell the story and move the narrative forward. We hired five designers. We knew with Elton John, we needed to make it look like a Broadway show.

Q: How much did you collaborate with him?

A: "He helped us with all kinds of designs and gave us all this visual art he owns to feature in the set designs. "It's interesting, you think, why would this guy do this with a ballet company out in the prairies? He's done the Oscars, the Olympics, but you realize, it's because he's never done this. He's never had a ballet created to his music. It's something he's never had done with his music, so it's something different, and that's what had him very excited. And that's what I underestimated. "These people may be in the pop arts, but they also know the classic arts very well."



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Father and son shave their lids for kids

Duo joined 29 students and parted with their locks for cancer charity



Jennifer Friesen For Metro

After nine months of growing a beard befitting Duck Dynasty, Andrew Rau saddled up at Harold Panabaker Junior High School and let a razor-brandishing 12-year-old shave his face.

It was the final top-off after his son, Ethan, organized a massive head-shave event for Kids Cancer Care's Shave Your Lid for a Kid Campaign at his school.

A total of 29 students parted with their locks, along with the principal, two teachers and

Andrew — but the year had a special significance for the Rau family.

Ethan lost his grandfather last June, after a 16-month battle with throat cancer, which inspired him to organize the event.

"We've been affected quite a bit by cancer," said Ethan. "It's a big thing in a lot of people's lives, and kids can't do it alone, they need help."

Ethan challenged his father to not shave or trim his beard

for the nine months, and, if he raised \$3,000, he could shave it himself — and he surpassed

He raised more than \$5,000 over the course of the school year, and, as of Thursday, the school raised \$25,000.

"There's no way to describe how this makes me feel," said Andrew. "I mean, this kid is 12 years old, and he made all of this happen." For more information, visit kidscancercare.ab.ca.



Ethan Rau, 12, begins shaving off the beard his father, Andrew, had grown for nine months. JENNIFER FRIESEN / FOR METRO

LUNCHBOX THEATRE

Madness on stage, yet there is method to it

game.



Aaron Chatha Metro | Calgary

Shakespeare is all about the words, words, words - but who has time for that anymore?

Keeping up with the fastpaced life of modern Calgarians, Lunchbox Theatre is preparing a crash-course in the classics of The Bard. The Complete Works of William Shakespeare

(Abridged) distils all 37 plays into one 90 minute

drick. "It's not like you're goplays in their en- Complete Works of William 15 minutes. tirety, but we've taken the salient moments - the

most important scenes — and presented them in what we think is a fairly attractive package."

Harkening back to ye olde days where women weren't allowed on the stage (even Gwyneth Paltrow), all the female roles in the play will be played by one man in several wigs.

In fact, all of the near 1,000 parts featured across Shakespeare's works will be played by three Calgary guys in what McKendrick calls an organized

"It takes a tremendous amount of stamina, and the casting took that into account," he said. "We really wanted to find actors who's motor ran at a higher temp, and were comfortable with improv."

Although there is a structure, much of the play is dictated by what the actors can come up with on the spot.

He said all the comedies will

be performed one after the other within five min-

"It's a romp," said director for example, are more famous

Kevin McKen- done as a football pieces will get a bit more time, such as Romeo and Juliet, ing to see all 37 Kevin McKendrick on The which lasts about "The history

Shakespeare (Abridged) plays, for example, are done as a football game," explained McKen-

drick, of the nine plays. "Literally, it's the crown passing from one team to the next team."

He said the full production can be enjoyed by both Shakespeare savants and those who have never even heard of old Bill before.

The play runs April 19 to 24 at the Lunchbox Theatre. For more information, visit www. lunchboxtheatre.com.



Director Kevin McKendrick says he can't wait for audiences to see their wacky take on Hamlet, one of Shakespeare's bloodiest plays. JENNIFER FRIESEN / FOR METRO

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A win for indigenous groups

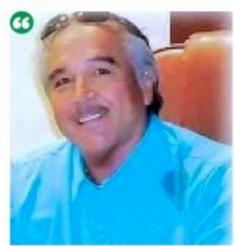
SUPREME COURT

Recognition given to Métis and non-status **Indians**

The Supreme Court of Canada has expanded the responsibility of the federal government for indigenous peoples in Canada, ruling unanimously that Métis and non-status Indians fall under its constitutional jurisdiction.

"The constitutional changes, the apologies for historic wrongs, a growing appreciation that aboriginal and non-aboriginal people are partners in Confederation, as well as the Report of the Royal Commission on Aboriginal Peoples and the Final Report of the Truth and Reconciliation Commission of Canada, all indicate that reconciliation with all of Canada's aboriginal peoples is Parliament's goal," Supreme Court Justice Rosalie Abella wrote in the unanimous decision delivered Thursday morning.

The Supreme Court ruled that the roughly 418,000 Métis and 214,000 non-status Indians or First Nations people without



Let's establish a process and begin talking.

Dwight Dorey, national chief, Congress of Aboriginal Peoples

registered Indian status — should be considered "Indians" under section 91(24) of the Constitution Act of 1867, just as First Nations people with registered Indian status are.

The landmark ruling gives these groups a starting point for negotiating rights, treaties, services and benefits with Ottawa, although it does not provide the federal government with directions on how to proceed.

Prime Minister Justin Trudeau



Making progress will require real co-operation and genuine partnership.

Carolyn Bennett, Indigenous Affairs Minister

called it a "landmark decision" and reiterated his Liberal government has committed to reset Canada's relationship with indigenous peoples.

'Quite frankly, we as a government have positioned ourselves in a way that is focused on renewing the relationship with indigenous peoples across this country through an open, respectful, honest, engaged partnership and relationship," said Trudeau.



I can guarantee you one thing: the path forward will be together.

PM Justin Trudeau

The Supreme Court said this decision should put an end to the back-and-forth over whether provinces or the federal government has legislative jurisdiction over Métis and non-status Indians, which often left these people with no sure way who to turn to or negotiate with, or who to hold to account for unfulfilled obligations.

The decision prompted jubilation and emotion from the Métis and non-status Indian leaders



We now have official access to the federal government in this.

Elder Joe Blyan, Métis Nation of Alberta

who crowded the foyer of the Supreme Court to react to be among the first to react to the decision Thursday morning.

The ruling noted that before Confederation, the Crown had often included Métis and others of mixed aboriginal ancestry in its understanding of "Indians," used then as a generic term for aboriginal peoples, and that it often applied laws and policies to them as such.

TORSTAR NEWS SERVICE

Deal with reserve troubles: Leaders

Aboriginal leaders painted a bleak picture of dire and deadly conditions on reserves during testimony Thursday before a parliamentary committee.

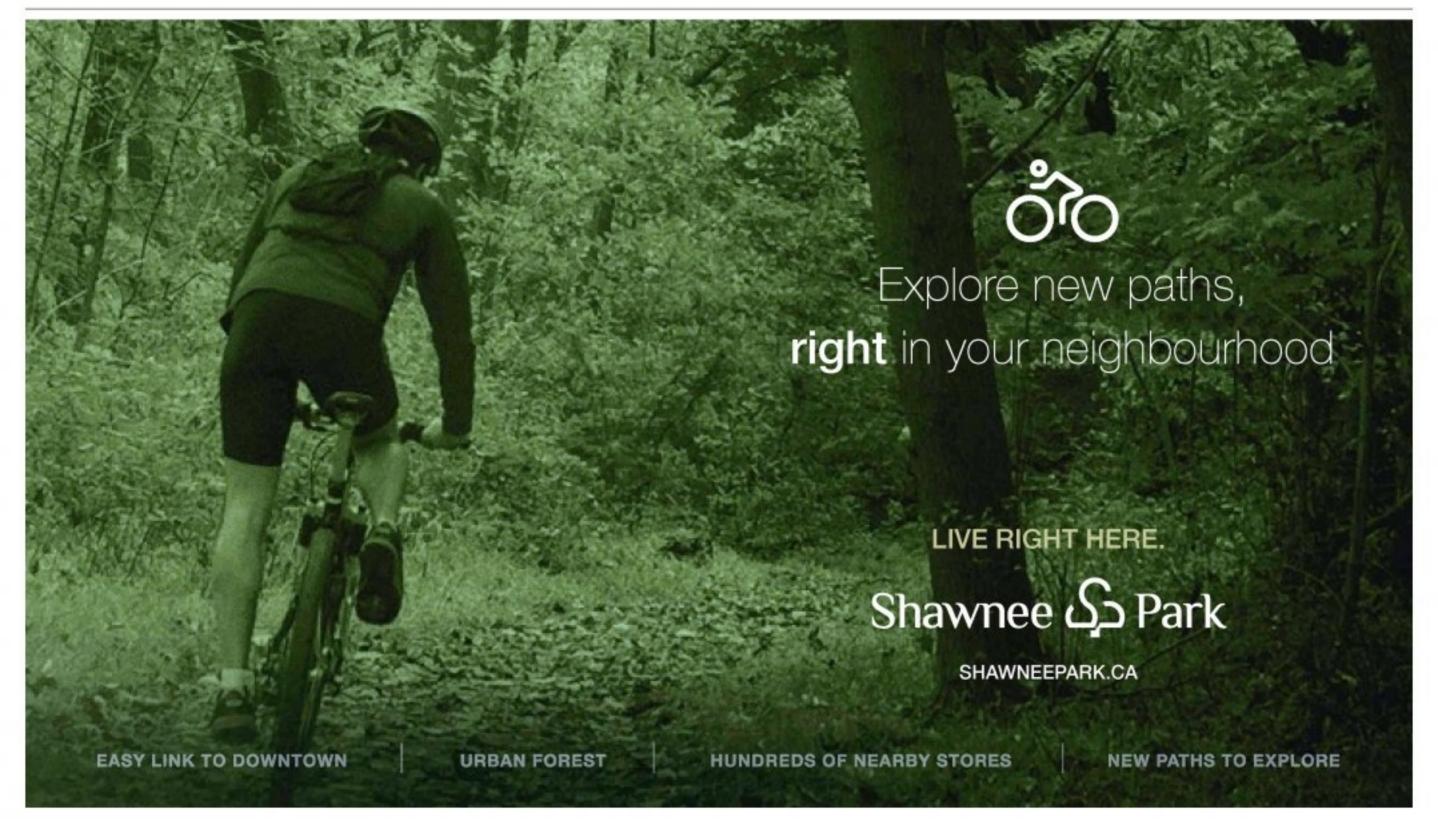
First Nations leaders, including Nishnawbe Aski Nation Grand Chief Alvin Fiddler, urged the federal government to address tragedies playing out on the ground.

"I cannot count how many funerals I have gone to in our communities," Fiddler said.

His organization, which represents northern Ontario communities, declared a public health emergency in February.

Dr. Michael Kirlew, a physician based in Sioux Lookout, Ont., also pleaded with the committee to ensure there is "drastic change, quickly."

"The more time that we wait, the more children will die. I appeal to you today, not as politicians, not as members of political parties ... let's return the humanity to this process. This process needs that humanity." THE CANADIAN PRESS



metr

NEWS Canada

Weekend, April 15-17, 2016 25

Mom describes toddler's last hours

TRIAL

Boy who died from bacterial meningitis sick for over 2 weeks

A mother accused in her toddler's death from bacterial meningitis says his face "just kept getting bluer and bluer" as she desperately tried to get him to breathe the day he was rushed to hospital.

"He'd stopped breathing again and so I did the CPR again and I did a couple of chest compressions and he started to breathe. Nothing had come out and shortly after he stopped breathing again," a sobbing Collet Stephan testified in her own defence Thursday.

"The 911 operator was kind of directing me while doing the CPR with counting and so forth. I remember his face starting to turn blue."

Stephan, 35, and her husband, David, 32, are on trial accused of failing to provide the necessaries of life for 19-month-old Ezekiel in March 2012.

Ezekiel was sick for more than two weeks before he died in hospital. Court has heard how his parents gave him natural remedies, including smoothies with hot peppers and horseradish, because they thought he had croup.

Stephan told jurors that the first day of her son's illness was easily the worst. She said he had a fever and the wheezing and whistling noise was heartwrenching.

She said her son's condition worsened after her husband noticed Ezekiel's breathing had changed. She put him on her lap and suddenly he stopped breathing.

"He choked and he stopped breathing for a few seconds. I hit him on the back. He started breathing again," she said as jurors and spectators wiped away tears.

"Then he just stopped

breathing again and I put him on his back and put two breaths into his mouth forcing him to breath and put him on his side. He started coughing and he coughed up a bunch of mucus and phlegm."

It was at that point they decided to take him to hospital and called an ambulance.

Ezekiel was airlifted to Alberta Children's Hospital in Calgary where his parents were told that there was little brain activity.

A pathologist later determined the boy died "as a result of bacterial meningitis and right pleural empyema (lung infection)."

THE CANADIAN PRESS



David Stephan and his wife Collet Stephan arrive at court in Lethbridge on March 10. DAVID ROSSITER/THE CANADIAN PRESS

ADVERTISING FEATURE

HOW TO GET RID OF KNEE PAIN ONCE AND FOR ALL... WITHOUT DRUGS, SHOTS, OR SURGERY

Now, in Calgary, AB, one doctor is helping local residents with knee pain live more active, pain-free lives

Living with knee pain can feel like a crippling experience.

Let's face it, your knees aren't as young as you used to be, and playing with the kids or grandkids isn't any easier either. Maybe your knee pain keeps you from walking short distances or playing golf like you used to.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your knee hurts and the pain just won't go away!

My name is Dr. Jack Kucheran, owner of Northside Wellness Centre. Since we opened 33 years ago, I've seen hundreds of people with knee problems leave the office pain free.

DO YOU HAVE ANY OF THE FOLLOWING CONDITIONS?

- Arthritis
- Tendonitis
- · Knee pain
- Bursitis
- Cartilage damage
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- TendonitisCrunching &

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If you're suffering from these conditions, a new breakthrough in medical technology may completely eliminate your pain and help restore normal function to your knees.

Finally, You Have An Option Other Than Drugs or Surgery!

New research in a treatment called low level laser therapy, or cold laser, is having a profound effect on patients suffering with knee pain. Unlike the cutting type of laser seen in movies and used in medical procedures, the cold laser penetrates the surface of the skin with no heating effect or damage.

Cold laser therapy has been tested for 40 years, had over 2000 papers published on it, and been shown to aid in damaged tissue regeneration, decrease inflammation, relieve pain and boost the immune system. This means that there is a good chance cold laser therapy could be your knee pain solution, allowing you to live a more active lifestyle.

Professional athletes like Lance Armstrong and team members of the New England Patriots rely upon cold laser therapy to treat their sports-related injuries. These guys use the cold laser for one reason only...

It Promotes Rapid Healing Of The Injured Tissues.

Before the FDA would clear the cold laser for human use, they wanted to see proof that it worked. This led to two landmark studies:

The first study showed that patients who had cold laser therapy had 53% better improvement than those who had a placebo. The second study showed patients who used the laser therapy had less pain and more range of motion days after treatment. If the cold laser can help these patients, it can help you too.

Although there are different types of lasers, the Calgary Flames have 8 of our type of laser systems.

Could This Non-Invasive, Natural Treatment Be The Answer To Your Knee Pain? For 30 days only, I'm running a very special offer where you can find out if you are a candidate for cold laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call before April 30th, 2016 and here's what you'll get...

- An in-depth consultation about your problem where I will listen... really listen... to the details of your case.
- · A complete neuromuscular examination.
- A full set of specialized x-rays to determine if arthritis is contributing to your pain.
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

Until April 30th, 2016 you can get everything I've listed here for only \$49. The normal value for this type of evaluation including x-rays is \$250, so you're saving a considerable amount by taking me up on this offer. Remember what it was like before you had knee problems... when you were pain free and could enjoy everything life had to offer. It can be that way again. Don't neglect your problem any longer – don't wait until it's too late.

Here's what to do now:

Due to the expected demand for this special offer, I urge you to call our office at once. The phone number is 403 291-0603.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Our office is called Northside Wellness Centre and you can find us near the Peter Lougheed Hospital just across the street from Value Village. Tell



A new treatment is helping patients with knee pain live a happier, more active lifestyle.

the receptionist you'd like to come in for the Knee Evaluation before April 30th.

Sincerely, Dr. Jack Kucheran, D.C. #16, 3434 34th Ave NE Calgary, AB T1Y 6X3

P.S. Now you might be wondering...

"Is this safe? Are there any side effects or dangers to this?"

The FDA cleared the first cold laser in 2002. This was after their study found 76% improvement in patients with carpal tunnel syndrome. Their only warning – don't shine it in your eyes.

Of course at our office, the laser is never anywhere near your eyes and we'll give you a comfortable pair of goggles for safety.

Don't wait and let your knee problems get worse, disabling you for life. Take me up on my offer and call today 403 291-0603.

Illegal gold booms in Latin America

A new study says illegal gold is more valuable than cocaine in the southern continent. In Colombia and Peru, the industry funds organized crime, devastates the environment and exploits women and children. TORSTAR NEWS SERVICE

In Peru and Colombia, the world's top producers of cocaine, illegally mined gold is now a more valuable export than cocaine, according to a new study.

Organized criminal groups have moved into this sector, leaving workers vulnerable to labour exploitation, human trafficking and sexual offences, the study says.

"It is staggering when you go to these illegal mines and you see that the government is not responding and all the negative impacts on the environment and on the people," said Livia Wagner, who wrote the report for the Global Initiative against Transnational Organized Crime, based in Switzerland. "Illegal mining funds criminal and terrorist groups, facilitates money laundering and corruption ... and creates sex trafficking."

Illegal miners tend to use heavy machinery, but lack legal titles and shirk labour and environmental standards. Both Peru and Colombia also have large-scale legal gold mining industries, including mines run by companies based in Canada.

High gold prices from 2000 to 2010, combined with lower profit margins in drug trafficking, created the ideal conditions for this boom. Once gold is laundered it becomes indistinguishable from legal gold and can be easily moved across borders.

The study estimates that 28 per cent of gold mined in Peru is illegal, earning criminals \$3.3 billion a year. In Colombia, it estimates 80 per cent of gold production is illegal, worth between \$1.9 billion and \$2.6 billion a year.

That makes illegal mining more lucrative than cocaine production.

"We came up with these numbers by looking at how much gold miners officially register versus how much gold is being exported. The discrepancy is the illegally mined gold," Wagner said. "Gold has no label and doesn't have a provenance."

Latin America also has a large

number of traditional, artisanal miners, who work without heavy machinery, are not considered illegal and are generally not connected to organized crime.

Most of Latin American gold is sent to refineries in the U.S., Switzerland and Canada.

The investigation also found evidence of the sexual abuse of children in the illegal mining sector. In Peru, girls are recruited to work in brothels close to mining areas in the country's southeast. As many as 2,000 sex workers, of whom 60 per cent are minors, are employed near one mining area, the study says.

Illegal mining can also take a devastating toll on the environment and on human health. A common way to extract gold is for workers to mix toxic mercury with powdered ore, and then burn off the mercury to collect the gold. This process, which is often done without safety equipment, can cause permanent health problems.

TORSTAR NEWS SERVICE

BY THE NUMBERS

O Peru

Legal gold production: 138 tonnes Illegal gold: 54 tonnes, 28% of total Value of illegal gold: \$3.3 billion

Ecuador

Legal gold: 2.7 tonnes Illegal gold: 7.3 tonnes, 77% of total Value of illegal gold: \$510 million

Colombia

Legal gold: 10 tonnes Illegal gold: 41 tonnes, 80% of total

Value of illegal gold: \$2.6 billion

Venezuela

Legal gold: 1.8 tonnes

Illegal gold: **15 tonnes, 91% of total** Value of illegal gold: **\$900 million**

Brazil

Legal gold: **72 tonnes** Illegal gold: **8.2 tonnes, 10% of total** Value of illegal gold: **\$510 million**

Bolivia

Legal gold production: **5.4 tonnes** Illegal gold: **2.7 tonnes, 31% of total** Value of illegal gold: **\$130 million**

SOURCE: U.S., SWISS AND CANADIAN CUSTOMS DATA



IN BRIEF

Welcome to Czechia

Czechia will soon be synonymous with the Czech Republic.

Unlike most European countries, the Czech Republic has lacked a one-word version of its name in foreign languages. Now, the country is set to use the name Czechia in English, Tschechien in German or Tchequie in French," translations of "Cesko" in Czech. The Foreign Ministry said a one-word name is more practical and flexible for various uses.

THE ASSOCIATED PRESS

Chimp runs loose in Japan

A chimpanzee fled from a zoo in northern Japan and tried to avoid being captured by climbing an electric pole.

Chacha, a male chimp, was on the loose for two hours Thursday after it disappeared from the Yagiyama Zoological Park. TV footage showed Chacha atop the pole. After being hit by a sedative arrow, Chacha eventually fell into a blanket held by workers on the ground. It was not immediately clear if he survived. THE ASSOCIATED PRESS

REFUGEE CRISIS

Germany to open up jobs for migrants



Refugee women queue for goods at the makeshift camp at the Greek-Macedonian border. AFP/GETTY IMAGES

Seeking to better integrate the 1.1 million asylum-seekers who arrived last year, Germany's governing parties agreed Thursday to get newcomers into the workforce faster, promote broader German language skills and prevent migrant ghettos from forming in big cities.

The measures, which will be discussed with state governors before they're presented to Parliament, seek to strike a balance between giving migrants easier access to jobs and integration courses while also increasing expectations of them.

Chancellor Angela Merkel told reporters the proposals make clear "there are duties and obligations for all who come to us."

The measures foresee creating 100,000 government-funded "job opportunities" for migrants, according to a copy of the plan obtained by The Associated Press. They also would suspend for three years a rule that excludes asylum-seekers from jobs unless no German or European Union citizen can fill them.

"The core idea is to attempt to integrate as many people in the labour force as possible," Merkel said.

One of the key components to Merkel's attempts so far to deal with the influx of migrants has been to streamline the system so those fleeing conflict and persecution and likely to receive asylum will receive it faster, and so-called "economic" migrants just looking for better jobs will be sent home quickly.

In line with that philosophy, the jobs being created wouldn't be available to economic migrants, according to the plan. THE ASSOCIATED PRESS

BOKO HARAN

Nigerians march for schoolgirls on kidnapping anniversary



This CNN footage shows 15 of the more than 200 schoolgirls abducted by Boko Haram in Chibok, Nigeria. AFP/GETTY IMAGES

Angry over lack of progress to resolve one of the highest-profile mass kidnappings in the world, Nigerians marched in their country's major cities on Thursday to demand the safe return of girls who were abducted by Boko Haram extremists two years ago from a school in Chibok.

Nigerian Vice-President Yemi Osinbajo was expected in the northeastern town of Chibok for the anniversary of the kidnappings, said Yakubu Nkeki, leader of a support group of parents of the kidnapped girls. He said the community is angry that their only school remains in ruins. Boko Haram firebombed buildings as they took off with girls.

Some 20,000 children in the town and its surroundings have no school to attend, Nkeki said Thursday as parents gathered at the ruins of the school to pray for the safe return of their daughters.

"Boko Haram has achieved its aim. They say they don't want us to have Western education and our children don't," Nkeki said.

Two years ago, the Islamic extremists seized 276 girls who had gathered for science exams at the Government Girls Secondary School in the northeast town of Chibok. Some managed to escape, jumping off pickup trucks as the Islamic extremists drove them toward the Sambisa Forest. A total of 219 remain missing.

On Wednesday, CNN broadcast parts of a Boko Haram video of girls wearing the Islamic hijab, and CNN also aired its own images of tearful mothers, including one reaching out to a computer screen as she recognized her kidnapped daughter.

The video shows 15 of the girls — one with a mischievous grin, one looking uncompromising, downright defiant, and one downcast.

While Boko Haram is thought to have abducted thousands of people over the years, the mass abduction brought the extremist group to the world's attention. THE ASSOCIATED PRESS

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Residents take shelter outside the town hall of Mashiki, near Kumamoto city, southern Japan, after the earthquake early Friday. KYODO NEWS VIA THE ASSOCIATED PRESS

Strong quake hits Japan

NATURAL DISASTER

Calls reporting people buried or trapped in debris pour in

At least two people were killed and 45 injured by a magnitude-6.5 earthquake that knocked down houses and buckled roads in southern Japan on Thursday night.

Both victims are from the hardest-hit town of Mashiki, about 15 kilometres east of Kumamoto city on the island of Kyushu, said Kumamoto prefecture disaster management official Takayuki Matsushita.

Earlier, Japanese Red Cross Kumamoto Hospital said it had admitted or treated 45 people, including five with serious injuries.

The quake struck at 9:26 p.m. at a depth of 11 kilometres near Kumamoto city on the island of Kyushu, the Japan Meteorological Agency said. There was no tsunami risk.

"The shaking was so violent I couldn't stand still," said Hironobu Kosaki, a Kumamoto Prefectural Police night-duty official.

Japan's Chief Cabinet Secretary Yoshihide Suga said at least 19 houses collapsed, and hundreds of calls came in reporting building damage and people buried under debris or trapped inside.

"Because of the night darkness, the extent of damage is still unclear," he said.

The damage and calls for help are concentrated in the town of Mashiki, about 1,300 kilometres southwest of Tokyo, Japan's Fire and Disaster Management Agency said

One of the victims in Mashiki died after being pulled from some rubble, and the other was killed in a fire, Matsushita said. A third person rescued from under a collapsed building is in a state of heart and lung failure.

Dozens of people evacuated their homes and gathered outside Mashiki town hall, sitting on tarps well after midnight. Some wrapped blankets around their shoulders against the springtime chill.

THE ASSOCIATED PRESS

The shaking was so violent I couldn't stand still.

Hironobu Kosaki, a police night-duty official

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ATB Financial

Terror suspects ordered held for month

A Belgian judge on Thursday ordered Mohamed Abrini and six other suspects arrested in connection with the attacks in Paris and Brussels kept behind bars for another month. prosecutors said.

Abrini, 31, has acknowledged being the "man in the hat" seen leaving Brussels Airport the morning of March 22, when two suicide bombers detonated explosives-laden suitcases there, killing 16.

Sixteen other people died

that same morning when another bomber blew himself up on a Brussels subway train.

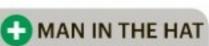
Osama Krayem, 23, a Swedish national suspected of being the accomplice of the subway bomber, was also kept in custody for another month, Belgian prosecutors said.

Krayem's defence attorney told reporters his client has been talking to Belgian inves-

"He said he assumed responsibility," Vincent Lurquin said.

Belgian investigators are especially eager to learn what happened to a backpack Krayem was wearing the morning of the Brussels attacks that resembled one carried by subway bomber Khalid El Bakraoui.

The others ordered held in custody by the judge included four more suspects charged in the Brussels attacks, and one man accused of helping key Paris attacks suspect Salah Abdeslam escape from France to Belgium. THE ASSOCIATED PRESS



Abrini tied to Paris group

Mohamed Abrini, who was arrested in Belgium last week, had close ties to the attackers who killed 130 victims on Nov. 13 in Paris, and is believed to have travelled to Syria and to have met with suspected Muslim extremists in England.



A worker adjusts a pipe used for pumping concrete into the ground at the Mosul Dam. ALICE MARTINS/THE ASSOCIATED PRESS

Dam to get urgent fix

MOSUL, IRAQ

Officials warn structure at imminent risk ofcollapsing

A team of Italian specialists arrived Thursday at the site of the Mosul Dam as part of an emergency campaign to repair Iraq's largest dam before it collapses.

The advance team from the Italian engineering firm Trevi Group will set up a camp for the group of engineers who are expected to arrive within a few weeks. U.S. and Iraqi officials have repeatedly warned that the dam is in imminent danger of collapse.

The dam's core problem is that it was shoddily built on unstable ground: The earth underneath it is constantly being eroded by water. From the day it was inaugurated in 1985, maintenance crews have had

to continuously pour cement under its foundation.

Without that constant injection - known as "grouting" - the 113-metre-high dam would soon collapse into a hole in the ground, causing an unprecedented disaster. The 48-kilometre-long lake behind it would explode down the Tigris River valley with hundreds of millions of cubic metres of water, ramming into Iraq's second-largest city, Mosul, currently home to more than 700,000 people. It would then flood all the way down to Baghdad.

Things have worsened because the dam was captured for several weeks in 2014 by the Islamic State group, U.S.-backed Iraqi forces retook the dam, but no grouting took place for six weeks.

Even since then, the grouting has not been up to full levels in part because the militants control the nearby factory that produces the concrete for the dam. THE ASSOCIATED PRESS



El Nino weakening, but here comes La Nina

In the midst of one of the strongest El Ninos on record, U.S. meteorologists say its flip side, La Nina, is around the corner.

The National Oceanic and Atmospheric Administration's Climate Prediction Center reports that El Nino is weakening

but likely to stick around a couple more months. At the same time, NOAA issued a formal watch for a fall arrival of La Nina.

El Nino is the natural warming of parts of the Pacific that alters weather worldwide, La Nina, with cooler Pacific waters, often has opposite effects. THE ASSOCIATED PRESS





metr

NEWS Business

Weekend, April 15-17, 2016 29

Water's rise marks pop's demise

Even though single-serve bottled water is usually more expensive than a can of pop, consumption of bottled water in the U.S. is set to overtake that of soft drinks for the first time as health-conscious buyers shun the high-calorie fizzy stuff. Here's a look at bottled water's rise and sinking pop brands.

TORSTAR NEWS SERVICE





🛂 NESTLÉ PURE LIFE

Nestlé Waters of Canada Ltd. remains the dominant player in Canada with a 30 per cent share of retail sales in 2015. The company added new flavours to its Pure Life Sparkling range as well as L'Orange to its Perrier range in early 2015, stressing the zero calorie and zero sugar features. It also has a presence in the carbonated category with its Sanpellegrino Sparkling fruit beverage.

AQUAFINA Launched in

1994, this flat water brand is also derived from the lowater supply. After pressure from environmental groups, owner PepsiCo announced this year that it will revise the product's label to clearly show the drink is made with treated water from public reservoirs. The brand is

SMARTWATER Electrolytes and potassium are added to this "vapour distilled" water to give it a clean taste. Smartwater is a private subsidiary of The Coca Cola Company under the Energy Brands banner. About 10 years ago rapper 50 Cent owned a minority stake in the company as part of an endorsement deal. The bankrupt hit-maker has since sold his shares.



COCA COLA & PEPSI

The decline in pop sales has hit the world's biggest soft-drink maker hard since 74 per cent of its business worldwide remains soft drinks. Coca Cola got an 8 per cent calorie cut last January in Canada and shrank its bottle size. Meanwhile, Pepsi has battled detractors with a new tact, marketing a new product line as made with "real sugar" as opposed to artificial ingredients.

success of the Aquafina brand owned by rival PepsiCo.





77.83¢ (-0.20¢)



TSX 13,668.29 (-3.06)



OIL \$41.50 US (-26¢)



\$1,226.50 US (-\$21.80)

NATURAL GAS: \$1.970 US (-6.6¢) DOW JONES: 17,926.43 (+18.15)

1/2 PRICE READINGS

LAWSUIT

Microsoft sues U.S. over demands for private data

In the latest clash over privacy rights, Microsoft is suing the U.S. government over a federal law that allows authorities to examine customer emails or files without their knowledge. The lawsuit comes as the industry butts heads with officials over the right to view info stores on customers' cellphones.

THE ASSOCIATED PRESS

SOLVE ALL PROBLEMS OF LIFE

BRITISH COLUMBIA

Clean energy makes power, jobs: Report

Clean-energy power producers in British Columbia say their projects have energized the province's economy through jobs and investment oppor-

also big

into fla-

voured waters.

A report from Clean Energy BC finds the association's 160 members produce 14 per cent of BC Hydro's energy supply using wind, thermal or solar power, as well as small hydro facilities called run-of-river

Clean Energy BC executive director Paul Kariya says the

operations are responsible for more than \$8.6 billion in investment across the province.

He says that has helped many First Nations communities suffering from the collapse in oil and other commodity markets.

In addition to creating sustainable and renewable power, the clean energy report finds projects linked to the sector are responsible for about 16,000 construction jobs across B.C.

Future green energy pro-

jects are expected to create another 4,500 construction jobs while the report says renewable power accounts for more than 800 current and future operational positions.

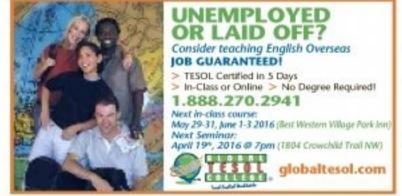
One dozen First Nations are members of the privatesector industry association, and the study detailed their participation in sustainable power projects through revenue sharing, employment

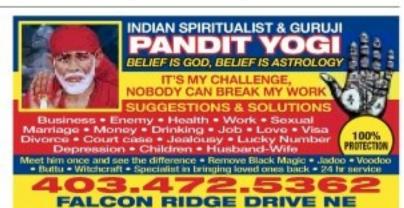
"Over the course of a decade, clean power producers have forged deep relationships with indigenous leaders," Kariya said.

"(Clean Energy BC has) innovated made-in-B.C. solutions to protect ecosystems and breathed new life into struggling communities all over the province," he said.

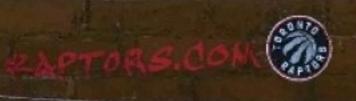
"If the provincial government heeds the advice of its own Climate Leadership Team, then we're going to need plenty of clean electricity. We're ready to deliver the goods." THE CANADIAN PRESS











BACKED BY A NATION







Your essential daily news SCIENCE SAYS Weekend, April 15-17, 2016

DECODED Designer people

CUSTOM BABIES NOT FAR OFF

Imagine a world where we could genetically enhance human beings to heal easily, resist diseases and have eye colour, hair colour, and other traits made-to-order. It's science fiction. But it could be the future. Here's how: CRISPR, a precise tool for cutting and pasting DNA.

THE OLD WAY: RECOMBINANT DNA

Using a lot of complex and fairly imprecise equipment, scientists can extract and copy a gene from one thing and incorporate it into a different organism's DNA.

CRISPR IN ACTION

Scientists custom-engineer the RNAs in the CRISPR system to accurately edit or disable several genes at once, and precisely select where to insert a gene in a living cell.

HUMAN EXPERIMENTS

In March of 2015 and March 2016, teams in China used CRISPR to modify human embryos - first to change a gene for a blood disorder, then to create resistance to HIV. They were only partly successful, and created many

unintended changes. 2015-

2016

unscrupulous

WHAT'S NEXT?

Soon science could change

implant them using in-vitro

fertilization. CRISPR is easy

to use and becoming more

accurate. What's to stop some

embryos with CRISPR and



WHAT IS CRISPR?

19705

CRISPR (Clustered Regularly Interspaced Short Palindromic Repeats), a type of DNA sequence, to fight invading viruses. CRISPRrelated genes make guide

RNAs, which help locate proteins, which snip off bits of viruses' DNA. This wrecks the virus and lets the bacteria stow a bit of viral DNA in their own genes, in case of repeat attack.

2010S

ETHICAL DILEMMA

opposition to using CRISPR to change the human germ line — sperm, eggs or embryos. In 2015, top geneticists wrote an editorial in Nature calling this practice "dangerous and

ethically unacceptable." If a CRISPR-modified embryo were implanted and allowed to grow into a person, every cell in that person's body would carry the modification. And it would be passed down to their offspring, too.

GRAPHIC: ANDRÉS PLANA/METRO

CITIZEN SCIENTIST by Genna Buck

Is space junk going to fall on me?

How did Japan just lose a satellite? Is it going to fall on me? - C.L., Toronto

The Hitomi satellite, an Xray telescope meant to study objects like black holes and neutron stars, was launched in February 2016 by JAXA, the Japanese space agency. On March 26, something went sideways: The \$285-million contraption broke up, lost contact with JAXA (apart from spotty radio signals) and was

recorded apparently tumbling end-over-end across the sky.

What happened isn't clear, but U.S. military experts don't think it was a collision with a large object. JAXA's first priority is re-establishing contact; the blame game will follow.

According to UBC astrophysicist Jaymie Matthews, it will likely be years before pieces of Hitomi enter our atmosphere, they'll be small, and most will land in the ocean. There is a slim chance it could smash

into another satellite, but no, it's not going to fall on you.

It's more probable, but exceedingly unlikely, you'll get hit by something else from space. Tonnes of asteroids, meteorites, etc. fall on Earth every day, mostly as dust. The exactly one confirmed case of a direct meteorite hit on a person, in 1954, resulted in a spectacular bruise, not death.

There's always the chance of a civilization-ending impact from a massive object, but

there's no evidence one is imminent (NASA's got an eye out) and there's no point worrying.

This brings up one of my favourite topics in the universe: The difference between hazard and risk. A hazard can cause harm under certain circumstances; a risk is the chance of harm actually happening. Space junk is a hazard, sure. But the risk is infinitesimal.

Science Question? Tweet @genna_buck

FINDINGS

DYING DOLPHINS

Your week in science

Tiny Toto: Purebred pooches today have been bred to have chubbier cheeks, bigger eyes and smaller bodies than in the 1980s.

In the last four years, 88 per cent of the dead baby and fetal dolphins found near the 2010 Deepwater Horizon oil spill site had serious lung problems, says a new study involving UBC researchers.

DARK DUEL

For more than a decade, scientists at the Gran Sasso lab in Italy have claimed to be first to detect dark matter. Their claim isn't widely accepted, but no one's been able to disprove it. Now two other teams, one at Yale and one in South Korea, are going to replicate the Italian methods and see what they can see.

SOUND SMART

DEFINITION

Superhydrophobic

materials - many of them developed and refined in recent years - aren't just water-repellent. Water rolls off them, and many such materials cause a thin layer of air to collect between

the water and the surface.

USE IT IN A SENTENCE

"I can barely see the road in this rain. I wish my windshield were superhydrophobic."



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MOVIES MUSIC TELEVISION GOSSIP

'The King of the swingers'

THE JUNGLE BOOK

Here's how one of Disney's best-loved songs came to be made

Richard Crouse

For Metro Canada

In 2009 I hosted an on-stage event with Disney legend Richard Sherman.

The co-writer (with his brother Robert) of classic songs like It's a Small World (After All), Supercalifragilisticexpialidocious and the Oscar winning Chim Chim Cher-ee, was seated behind a piano and after regaling us with stories from his career, asked if anyone had any song requests.

I took advantage of my position as host and butted in, asking if he'd sing the hippest children's song ever written, I Wan'na Be like You (The Monkey Song) from The Jungle Book.

As his fingers danced across the keyboard, he began, "Now, I'm the King of the Swinger's Ball, a Jungle V.J.P..." and I was transported back to being a kid, wear-

ing the grooves off the soundtrack record, playing it over and over. I was reminded of that memorable moment earlier this week as I watched the new, updated version of The Jungle Book. The song gets a remake, this time sung by Christopher Walken, but the magic is still there.

In the animated 1967 original, Louis Prima — playing the raucous orangutan King Louie sang the upbeat tune but Richard Sherman says when they wrote the song they didn't have Prima in mind.

Walt Disney hired them to help "Disnify" Rudyard Kipling's original stories about a feral child raised in the jungle by wolves.

"Our assignment was to find crazy ways of having fun with it," says Sherman.

For King Louie's big moment the brothers went with a New Orleans inspired musical arrangement, complete with scat-singing.

They played the swingin' song at a story conference and it was decided the singer should be the most swingin' jazz act in the country. "When we first got an idea for I Wan'na Be Like You, we said an ape swings from a tree, and he's the king of apes. We'll make him 'the king of the swingers.' That's the idea, we'll



King Louie's I Wan'na Be Like You gets re-imagined for the new Jungle Book, with Christopher Walken singing. CONTRIBUTED

make him a jazz man."

The brothers presented the song to Prima who reportedly said, "You want to make a monkey out of me? You got me!"

It was a perfect marriage of performer to character, so much so that Disney animators filmed Prima live on a soundstage as a guide to animate his movements

The I Wan'na Be like You (The Monkey Song) sequence is a standout in a film filled with great songs and has made a lasting impression on a generation

or two of musicians.

Everyone from Phish and Voodoo Glow Skulls to Los Lobos and Fall Out Boy have covered the song. There's a Hungarian version called Egy ilyen majom embernek való by Gyula Bodrogi & László Csákányi. And O Rei do lê-lê-lê was a hit in Brazil for Márcio Simões & Mauro Ramos.

Of all the covers, Sherman says he likes the version by Smash Mouth featured in The Jungle Book 2. Almost 50 years after he originally co-wrote the song Richard Sherman revisited

MOVIE RATINGS by Richard Crouse

The Jungle Book **Barbershop: The Next Cut** Criminal **Miles Ahead**

song)."

HOW RATING WORKS *** WORTHWHILE UP TO YOU

the tune. On the red carpet at The Jungle Book's premier last week Sherman said he wrote new lyrics, "because it's not the King Louie you saw in the first movie. This is a gigantopithecus,

the greatest ape there ever was." Louis Prima's version will always be the classic, at least for me, but Sherman says, "Chris Walken does a great job (on the

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Don Cheadle stars, directed, co-wrote and produced the Miles Davis movies Miles Ahead.
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Miles Davis movie is more fantasy than fact-based biopic

INTERVIEW

Don Cheadle bends facts and genres in tribute to hero

Don Cheadle admits his unconventional Miles Davis biopic, Miles Ahead, is not for everyone.

In fact, he's expecting some people will reject it outright for fantasy sequences, playing with timelines, and daring to invent a caper that puts the jazz legend at the centre of a wild gun battle and car chase.

The House of Lies and Iron Man 3 actor — who stars, directed, co-wrote and produced Miles Ahead— says he wasn't interested in crafting a strict biography.

"I wanted something different," Cheadle said this week as the film heads to Toronto, Vancouver and Montreal on Friday, before opening in other cities.

"And yeah, every minute I thought, 'I don't know if this is going to connect with people." Reached in Los

Angeles, Cheadle chatted about scraping the project together, becoming a director, and the appeal of bombastic Marvel popcorn flicks.

This interview has been edited and condensed. come into play — we were able to get it going.

What do you want people to know about Miles?

To me, the star of Miles's life is always his music and I wanted to create a narrative that would allow us to really explore that a lot. And come up with a story that would support us using a lot of different music from a lot of different timelines and a lot of different genres and having all of that fuse itself into the storytelling in a way that propels the narrative.

Hence using fantasy?

Just trying to be creative about it. As I said to the family right off the bat, I said: I want to make a movie that Miles Davis would want to star in, much more than I want to make a movie that attempts to do kind of a CliffsNotes version of his life or just hit the highlights and lowlights and try to jam it all in.

I wanted to do what Miles did (but) with my medium,

the things that Miles used to talk about, about how to approach music — I wanted to approach cinema in the same way.

which is play what's not

there. "Fear no mistakes for there are none"— all of

Is that why you took on so many roles?

Well, I tried to give it away, I mean I tried to give parts of it away. At some point during this process, hearing "No's" and it being such a struggle, I thought, "Well, maybe the impediment is the fact I'm a first-time director and this material seems challenging and people aren't sure about it. Maybe we just need to get another director in here."

And I tried to hire another director, I tried to offload that part of it but I couldn't. Thankfully that didn't happen and it all came back to me. Though it did take a toll in pushing it through.

Can you get the same creative satisfaction from doing a big Marvel project like your upcoming War Machine role in Captain America: Civil War?

Oh, sure. But that's just because I like different experiences. I get something out of all that fun, stunty flying, cool big action (stuff). It's fun for me, too.

THE CANADIAN PRESS

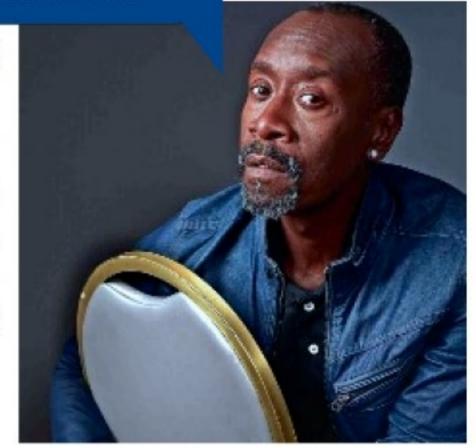
As I said to the family right off the bat, I want to make a movie that Miles Davis would want to star in.

Don Cheadle

You put so much of yourself into this project, what did it mean to get it made?

Different things at different times. This is 10 years ago, I guess, that it was first brought to my attention from Vince Wilburn, Miles's nephew.... Between then and now there's been a lot of fits and starts and we thought we were down the road with several people and (saw) those opportunities evaporate. Finally, we were able to secure financing with, as my agent likes to say, "irrational investors," and go forward.

And through a lot of different things — social, crowdfunding and me putting in money, friends putting in money, me deferring all my fees, shooting in Cincinnati with the rebate, all of the things that had to



Cheadle looks at Davis as inspiration for taking risks.

CHRIS PIZZELLO/INVISION/AP

THE TV DINNER JESSICA ALLEN



Fresh off our flight and in the back of a taxi headed to the Roosevelt Hotel in New Orleans last Saturday morning, Simon looked out his window and gasped. "What is it?" I asked.

"That corner there — right at North Rampart and Perdido - that's the spot where a 12-year-old Louis Armstrong shot a revolver and was sent to the Negro Waif's Home," he said, "which is where he learned to play the trumpet."

The next day Simon saw the trumpet itself at the Jazz collection in the Louisiana State Museum. I regret not being with him - I've seen Armstrong's music bring him

'Nothing will ever be able to satisfactorily explain why somebody like Miles Davis or Nina Simone exists,' Simon said

to tears so I wonder what happened when he spotted the instrument - but I was on my own cultural excursion, which may have included looking for Brad and Angelina's former home in the French Quarter.

Later on, maybe because we were in the city where jazz was invented, or maybe on account of those cold bottles of Heineken, we talked about the Jazz Biopic Trend: This Friday you can see Don Cheadle as Miles Davis in Miles Ahead, there's Born to be Blue with Ethan Hawke playing Chet Baker, and soon Nina will hit theatres with Zoe Saldana as Ms. Simone.

Simon, who will gladly watch Ken Burns' 10-part documentary on jazz any night of the week, has no interest in watching them. Why? "Because you're going to see somebody overcoming obstacles," he said. "You'll get the facts and details of their life - and they might context-



THE MOVIE:

THE DRINK:

A Sazerac

ualize what you're hearing but nothing will ever be able to satisfactorily explain why somebody like Miles Davis or Nina Simone exists."

"I'll give Don Cheadle credit," he continued. "He tackles the retirement: where Miles basically just lived in the dark, did drugs, and didn't touch his horn for five years. But even that could diminish him because any narrative arc is beneath the calibre of the art

he created, the tumultuous life he lived, and the indignities he suffered living as a black genius in America."

And after watching the superb Nina Simone documentary on Netflix, we both agreed that it would be embarrassing for an actor to play her - because you don't need to.

But what about Louis? Would Simon ever watch a biopic about Satchmo? I asked him that on our last night

in Crescent City. It must've been after 1:00 a.m. when we saddled up to the Sazerac Bar in our hotel lobby for one final namesake cocktail before flying home early that morning. Maybe three days of music, a second line parade in Treme, and eating - shrimp gumbo, fried catfish, boiled crawfish, too many po' boys - had softened his resolve.

"Not on your life," he said. "You know he spent a long time away from New Orleans because he refused to play in front of segregated audiences. He wouldn't come home until it ended."

We sat in silence for a moment, sipping on our Sazeracs. "That's why I get so emotional about Louis Armstrong: this genius whose whole thing was just creating joy. And to come out of such misery - to be a despised person in your country - and despite that, to just bring joy to millions of people," he said. "That's something you can't understand in 90 minutes with a bow-tie ending. You have to listen to the recordings, bow down before them, and be grateful that we live in age of recorded sound."

Jessica Allen is the digital correspondent on CTV's The Social.

FILM BRIEFS

Channing Tatum to join cast of Kingsman 2

Channing Tatum has confirmed that he is joining the cast of Kingsman: Golden Circle.

The actor announced the news his official Twitter account saying, "I'm about to get all up in that Golden Circle."

The film is the sequel to Matthew Vaughn's 2014 action-spy movie and will continue the story of Eggsy, played by Egerton, who was recruited by a secret spy operative and trained to become one of their best agents. AFP

Adaptation of Fahrenheit 451 is in the works

A movie adaptation of Ray Bradbury's classic novel Fahrenheit 451 is in the works at HBO films reports The Wrap.

Ramin Bahrani, who previously wrote and directed the Andrew Garfield and Michael Shannon movie 99 Homes is set to write, direct, and executive produce the project.

Scooby-Doo film to launch Hanna-Barbera universe

As a third attempt at turning daft doggy Scooby-Doo and his mystery-solving chums into a theatrical success, September 2018's S.C.O.O.B. will also form the basis of a cinematic universe of Hanna-Barbera cartoon adaptations.

Unveiling studio plans at CinemaCon 2016 in Las Vegas, Warner Bros teased a fuller, more connected Hanna-Barbera experience during a presentation that included looks at the likes of Wonder Woman, Suicide Squad, The LEGO Batman Movie and Harry Potter prequel Fantastic Beasts and Where to Find Them.

In development since at least 2013, S.C.O.O.B. comes as a reboot after live-action outings Scooby-Doo (2002) and Scooby-Doo 2: Monsters Unleashed (2004).

Though Scooby-Doo 2 made \$180m worldwide on an \$80m production budget, it flopped in comparison to the previous film's \$275m; Warner Bros evidently took the hint and shelved the franchise for over a decade and counting.

But just as Scooby-Doo and his quartet of teenage sleuths would persevere until successful, Warner Bros is returning to the show's characters, and



Scooby-Doo was first made for the big screen in 2002. HANDOUT

now with more ambition than

During Warner's April 12 presentation, S.C.O.O.B. was described not as a reboot, nor even a big summer film, but as "our first shot at unlocking the entire Hanna Barbera universe," according to director Tony Cervone.

Well acquainted with Scooby-Doo, Cervone's been involved with Hanna-Barbera properties since the early 1990s, and in the time since has been nominated for two Daytime Emmys, and an Annie Award - the latter as an animation director on top-grossing basketball film Space Jam.

Meanwhile, there's good rea-

son to suspect that Cervone would be working from a killer script: Randall Green was attached to the project even before two of his treatments landed on 2014's Black List an annual rundown of Hollywood's hottest unproduced screenplays.

Precious little else is known about the movie nor of Warner Bros' plans to leverage its storied TV animation subsidiary, but the studio has a host of memorable cartoon characters at its disposal: Yogi Bear, Jonny Quest, the GoBots, Atom Ant, Top Cat, The Jetsons and Sealab 2020 have all been subject to WB reissues over the last halfdozen years. AFP



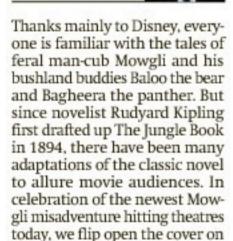


Best and worst adventures with Mowgli

CLASSICS

Not all Jungle **Book remakes** were great — here's why

Steve Gow For Metro Canada



1. The First Film

Nearly 50 years after publication,

cinema's many Jungle Books.

Hollywood took on The Jungle Book to great acclaim. Earning a quartet of Oscar nods, the 1942 live-action adaptation mesmerized moviegoers with its exotic locales, striking cinematography and the real-life teenage elephant-driver cast in the lead role.

Filming jungle sequences proved challenging in the '40s however; director Zoltan Korda nearly drowned shooting a scene with a huge rubber python.

2. The Animated Classic

There's no doubt Disney's 1967 animation is cinema's most prominent adoption of Kipling's creation. Bouncy Baloo singing Bare Necessities may be at the forefront of most moviegoers' memories but the film is also famous as Walt Disney's final feature after succumbing to cancer. Not only a financial triumph, the cartoon influenced many later Disney works. Even Ratatouille director Brad Bird claims it inspired him to become a filmmaker.

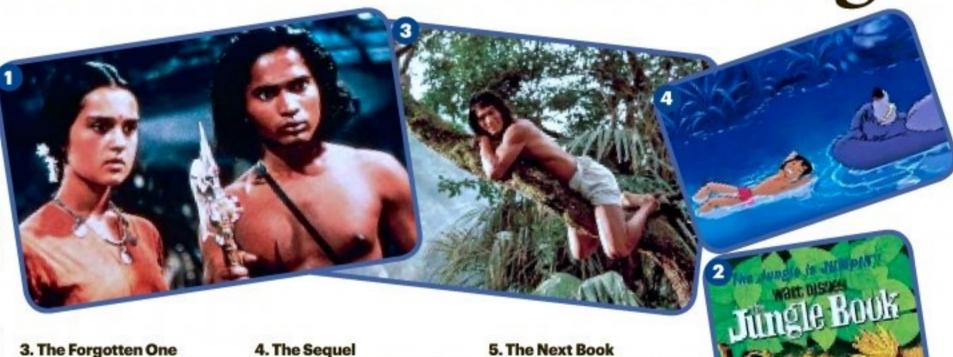
3. The Forgotten One

Disney attempted a live-action version of Jungle Book in 1994 finding modest earnings and reviews. Directed by Stephen Sommers (who later unearthed boxoffice gold with The Mummy franchise), the adventure deviated from Disney's hit animation - so much in fact that The Washington Post reported the movie owed less to the "cartoon classic than to the now-camp adventures of Tarzan."

In 2003, Disney stumbled with a sequel to their then-36 year old hit. Largely panned by critics, the animated remodeling (featuring voicework by John Goodman and Haley Joel Osment) was originally intended for a DVD release - where it should've remained. As famed critic Roger Ebert wrote, "Disney can do better, will do better, usually does better." And Disney certainly has.

5. The Next Book

Jungle Book fans won't have to wait long for another adaptation. In 2018 an ambitious new version hits theatres starring the likes of Benedict Cumberbatch and Cate Blanchett. Utilizing the motion-capture animation technique used in blockbusters like Lord of the Rings, this thriller should at least look impressive. After all, actor-director Andy Serkis literally played Gollum in that blockbuster franchise.









metr#LIFE Movies

From the jungle to jet setting

THE JUNGLE BOOK

Young actor on his career and playing ball with Bill Murray

At only four-foot-eleven, budding movie star Neel Sethi's feet dangle freely from his perch during an all-day junket to promote his film, The Jungle Book.

So freely that the chair squeaks, and it prompts urgent action to keep a reporter's recording from being spoiled: a duffel bag is plopped on top of a wooden crate and placed under the 12-year-old's feet.

The interview can resume. Like a pro, Sethi offers up a smile for the camera.

This pre-teen leading man takes the quirks of helming an international publicity campaign in stride, eagerly listing all the ways he's just like his big screen character, Mowgli, and dropping anecdotes about co-star Bill Murray and director Jon Favreau.

"I got to meet a lot of people," Sethi says matterof-factly of his blockbuster

"Bill Murray, me and Jon Favreau flew to Martha's Vineyard on a private jet and Jon Favreau made a brisket while me and Bill Murray played football."

Sethi stars in the live-action remake of Disney's animated 1967 film of the same name, also based on Rudyard Kipling's stories about an abandoned child raised in the jungle by an array of wild animals.

The effects-laden feature is packed with eye-popping spectacles - virtually everything, save for Sethi, is computer-generated.

That includes the fearsome tiger Shere Khan, voiced by Idris Elba; the protective panther Bagheera, voiced by Ben Kingsley; Mowgli's bear pal Baloo, voiced by Murray; and the deceitful snake Kaa, voiced by Scarlett Johansson.

When talk turns to his on-set exploits, Sethi insists the project was more play than work, since his jungle-raised character spends a good chunk of time running, jumping, swinging or climbing.

"I trained in parkour like two weeks before filming, and that really helped me," says Sethi, who was chosen for the role out of 2,000 young contenders.

"They would teach me how to land safely and I'd get over things quickly. It was a lot of fun. And now it looks so cool in the movie."

Sethi acted against a blue screen opposite Favreau, or puppets from Jim Henson's Creature Shop.

His performances were then digitally assembled alongside the computergenerated creatures — more than 70 species in all - and matched up with a meticulously detailed digital jungle backdrop.

As for channelling the character of the 10-year-old Mowgli, it wasn't a big deal, says Sethi.

"We're so similar. I don't really need to turn into Mowgli because we're already the same," he says.

"We're both stubborn, energetic and adventurous."

And he's ready for another close-up, as long as he can also pursue a few other pas-

"I definitely want to do more of this," says Sethi, whose parents are both den-

"It's a lot of fun but also I want to be a dentist and a basketball player, a football player and a baseball player." THE CANADIAN PRESS



Neel Sethi was chosen for the role of Mowgli out of 2,000 contenders. CONTRIBUTED



We're so similar. I don't really need to turn into Mowgli because we're already the same

Neel Sethi on getting into character as the human star Mowgli in The Jungle Book



BRINGING CREATURES TO LIFE

Graphic realism

People are surprised by how realistic the computer-generated animals look in Disney's new live-action version of The Jungle Book. Even young star Neel Sethi, who plays Mowgli. He jumped at the scary scenes it." TORSTAR NEWS SERVICE

with ferocious tiger Shere Khan and other dangerous creatures when he saw the movie at a preview screening. "I jumped and the popcorn went everywhere!" Neel recalls. "It didn't feel so scary when I was filming

HOLLYWOOD MOMENTS EXPERIENCED IN4DX

Cineplex will soon appeal to nearly all of your senses in its quest to sell movie tickets. When the exhibitor opens its first 4DX theatre in downtown Toronto this summer it will bring a new level of sensory technology into Canadian cinemas. The experience combines motion chairs and various environmental effects inside the theatre, like wind and scent, to complement the big-screen action. Here are a few moments we think can be amped up by 4DX THE CANADIAN PRESS



Batman v Superman: Dawn of Justice

During a climactic fight between Superman and Doomsday, the 4DX chair's "leg ticklers" are used to convey the superhero's body being dragged through the dirt.



Transformers: Age of Extinction

Is that 4DX or did somebody crank up the air conditioner? As viewers glide across the Arctic skyline cool air begins to drift through the theatre, while the seats move to feel like they're floating through the air.



Jurassic World

One of the film's larger-than-life moments happens when a Mosasaurus jumps out of the water to devour a great white shark. As the sea creature bursts onto the screen the audience is splashed with a light water mist.



Furious 7

Forget the bulletproof vest because these invincible characters dodge bullets left and right. When guns are fired an "air shots" feature is activated in the chair's headrest, making it feel like bullets are whizzing by your head.



Need For Speed

Street-racing films use motion chairs to their utmost potential, but this action flick took it to another level by piping in the scents of burning rubber and gun powder during key moments.



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McAdams on the struggles of reporters

INTERVIEW

Actress gets glimpse of journalist life from Spotlight

Rachel McAdams, the actress who portrayed a Boston Globe reporter in the Oscar-winning Spotlight, believes journalists should be praised as "unsung heroes," although nothing is easy about their jobs except for the frumpy clothes they get to wear.

"It really is a dying art, and not for the faint of heart either," she told reporters in Tokyo Thursday.

"They keep institutions on their toes and keep people accountable."

Spotlight, directed and written by Tom McCarthy, depicts how newspaper reporters uncovered how dozens of priests in the Archdiocese of Boston had molested and raped children for decades, while church higher-ups covered it up and shuffled abusive priests from parish to parish.

The film, which won the Academy Award for best picture and best screenplay, opens in Japan Friday.

The cast includes Mark Ruffalo and Micheal Keaton.

McAdams acknowledged that when she first read the script she wasn't sure anyone would come to see the film because it lacked the cinematic flash associated with blockbusters.

McAdams, who also starred in The Notebook and Southpaw, was happy it brought out crowds.

"People were interested in seeing something that was just about the truth, that is the story that needed to be told, and gave voice to the this character. voiceless," she said.

McAdams worked closely with the reporter she portrayed, the Pulitzer-winning

Sacha Pfeiffer, to build her character.

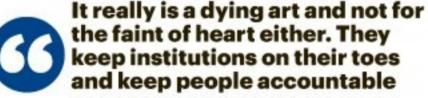
She saw that reporters have a hard job because they never know if they will get a story, the hours are long, they rarely get encouragement and the pressures are high from powerful interests.

The one good thing about the job is that you can put on a pair of pants and a T-shirt like "a uniform" every day, and not have to think about clothes, she said, appearing at the Foreign Correspondents' Club in an elegant minidress splashed with colorful flowers.

"I liked that about playing

"She was comfortable, which is not usually what actresses are," she said.

THE ASSOCIATED PRESS



Rachel McAdams on journalism as a vocation. She plays a reporter for the Boston Globe in Spotlight.



Rachel McAdams arrives at the premiere of Spotlight in Tokyo on Thursday. THE ASSOCIATED PRESS



'Catnip for fashionistas' at Tribeca

FILM FESTIVAL

Doc offers look into Anna Wintour and the Met Ball

The 15th annual Tribeca Film Festival kicked off fashionably with the premiere of Andrew Rossi's The First Monday in May, a behind-the-scenes documentary about the mounting of an ambitious fashion exhibit at the Metropolitan Museum of Art and the museum's annual star-studded Met Gala.

The film is an intimate and lively look at the highest aspirations of fashion, revealing everything from Anna Wintour fretting over seat assignments (Where to put Anne Hathaway?) to Rihanna's eyepopping budget for performing at the ball.

The opening night, held Wednesday at the festival's customary Westside outpost at the Borough of Manhattan Community College, drew an especially well-heeled crowd eager for a documentary antidote to The Devil Wears Prada. Among the fashion luminaries in attendance were Wintour,

Vogue's Grace Coddington and designer Zac Posen.

Rossi, a filmmaker who has profiled other New York institutions including The New York Times (Page One) and Le Cirque restaurant, said Tribeca was a fitting place to unveil The First Monday in May.

"The Metropolitan Museum and Vogue are tremendous powerhouses in the creative life of New York City, certainly occupying more of the uptown world," Rossi said. "So Tribeca, which is a festival founded to celebrate the arts in New York, for them to embrace the film and present it as opening night is a great honour.

This year's Tribeca bows amid a controversy. When Tribeca programmed a screening of an anti-vaccination documentary. Vaxxed, by the discredited British doctor Andrew Wakefield, it prompted an uproar from science researchers and film-

Festival co-founder Robert De Niro, who has an 18-year-old son with autism, said including the film was his decision. The festival quickly retracted Vaxxed from its program, but on Wednesday De Niro said he partially regrets that decision.

"I think the movie is some-

thing that people should see," he told the Today show in an unusually passionate interview.

De Niro expressed bitter disappointment in filmmakers who threatened to pull out from the festival over the film, and he promised to find out who had.

Considerable scientific research has found no connection between vaccinations and autism, and the Centers for Disease Control and Prevention

has emphatically stated that "vaccines do not cause autism." But De Niro insisted on Today: "There's something there that people aren't addressing."

The ordeal has threatened to overshadow one of Tribeca's more ambitious editions. Over the next 12 days, the festival has some 100 films to unveil. a robust multimedia program including numerous virtual reality exhibits, a host of television

show premieres and numerous staged celebrity conversations.

"At Tribeca we keep an eye on tomorrow," festival co-founder Jane Rosenthal at a press luncheon Wednesday. "We love stories in just about any form, from a Harold Lloyd silent film captured on a 35 millimeter hand-cranked camera to a virtual reality adventure shot with multiple GoPros to a video game in which the viewer is in the driver seat determining how the narrative unfolds."

The First Monday in May is a fitting opener. It mostly follows Met Costume Institute curator Andrew Bolton as he frantically puts together what would be a blockbuster exhibit, China: Through the Looking Glass, and strives for equal standing amid the Met's more traditional art forms.

THE ASSOCIATED PRESS



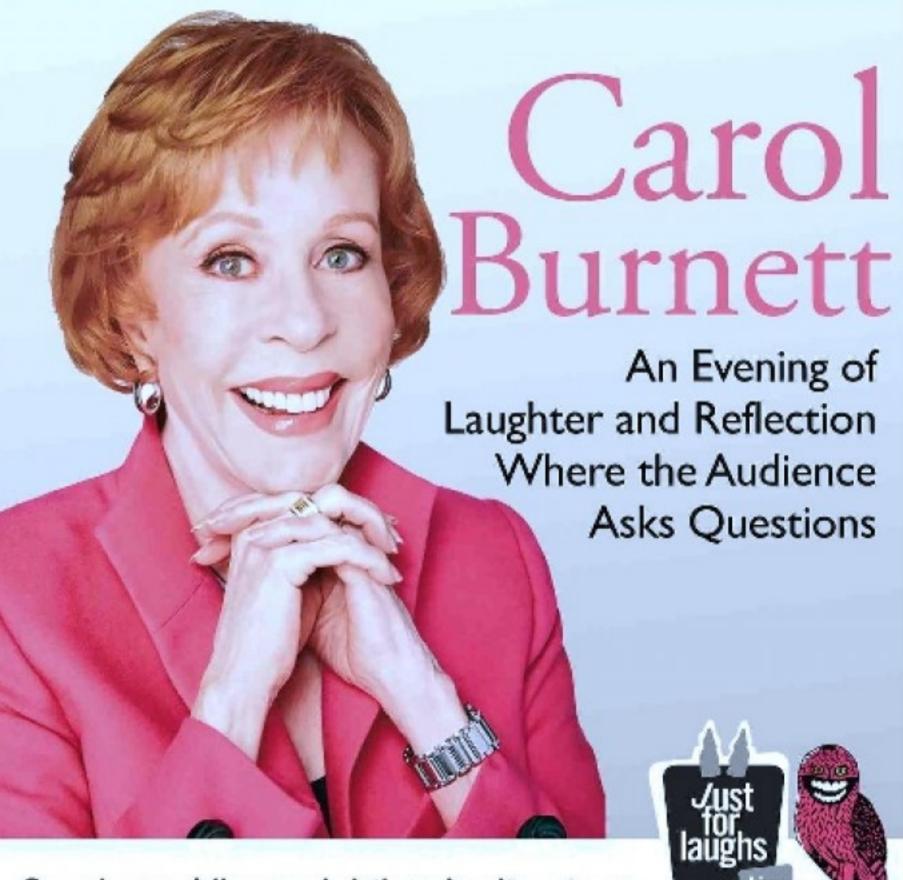
The First Monday in May is a rare look inside Anna Wintour's annual Met Ball. PHOTO COURTESY MAGNOLIA PICTURES



First Monday was first film

The First Monday in May, the Tribeca opener, will be most sought out for its rare look inside Anna Wintour's annual Met ball, one of the biggest nights in fashion. The Hollywood Reporter calls it 'catnip for fashion-

istas.' The biggest challenge to shooting the film. according to filmmaker Andrew Rossi, was getting the Met to allow him and his cameramen freedom to follow their subjects in the museum's hallowed halls. THE ASSOCIATED PRESS



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Big hopes for Xavier Dolan at Cannes

PREVIEW

Young director offers up film for festival's top prize

Quebec wunderkind director Xavier Dolan will be competing at the Cannes Film Festival once again, this time with It's Only the End of the World.

The story of a dying author, starring Marion Cotillard and Lea Seydoux, marks the second time Dolan has had a film running for the Palme d'Or top prize.

The 27-year-old has a storied history with the prestigious festival in France. Last year he was a jury member, in 2014 his film Mommy shared the jury prize, and in 2009 his first feature film I Killed My Mother won several awards.

Sean Penn's The Last Face, about aid workers in Africa, will also compete at festival - along with movies about interracial marriage in 1950s America, illness and poverty in working class Britain, and cannibal fashion models in L.A.

The 49 selected films come from 28 countries, including Iran, Brazil, Egypt, Israel and South Korea.

Twenty of them are in the running for the Palme d'Or, the top prize at the French Riviera festival, held under heightened security this year after recent deadly Islamic extremist attacks on France and Belgium.

Organizers hope that the three women directors that figure among the 20 top-tier entries will satisfy critics who say that



Xavier Dolan's film It's Only the End of the World stars Marion Cotillard as a dying author. CONTRIBUTED

female talent is overlooked at the festival.

This year, top stars expected to grace the famed red carpet at the May 11-22 festival include Cotillard, Shia LaBeouf, Jesse Eisenberg, Kristen Stewart, Charlize Theron, Julia Roberts, Jodie Foster and George Clooney, and this edition will see the return of old Cannes favourites such as directors Pedro Almodovar, Ken Loach, Jim Jarmusch and the Dardenne brothers.

Penn's latest directorial effort. with Theron and Javier Bardem, is likely to get top attention. alongside the festival's wackiest entry, the Danish horror film The Neon Demon by Nicolas Winding Refn about beautyobsessed flesh-eating models.

Others include Loving by American director Jeff Nichols, about a black-white couple in the U.S. in the 1950s, and British director Loach's I, Daniel Blake, about a working-class man in northern England struggling with poverty and injury.

Festival Director Thierry Fremaux joked that Loach had backtracked on his announcement that the 2014 film "Jimmy's Hall" would be his last. Fremaux called the British director's 2016 entry his "final, final movie."

Spanish director Almodovar's Julieta is also competing.

American auteur Jarmusch returns to the Rivera with Paterson — a yarn about a bus driver



Sean Penn will compete his film The Last Face at Cannes. **GETTY IMAGES**

and a poet set in New Jersey. It stars Adam Driver, who's moving back to a smaller film after his breakout role as Kylo Ren in the blockbuster The Force Awakens.

Basic Instinct director Paul Verhoeven features among the lineup with his first French-language film Elle, a psychological thriller starring actress Isabelle Huppert.



For the first time at Cannes there will be no closing film. Instead, the festival will rescreen the winning film, as an experiment, according to Fremaux.

Adding to the intrigue, in a mysterious reference to the Panama Papers offshore investigations, Fremaux said there also might be a late entry from Panama, "for those who follow current affairs," without elaborating.

Festival president Pierre Lescure said there are 500 security personnel assigned to the festival and they're working with national security authorities.

"The maximum has been done" to strike the balance between security and "ensuring that the festival remains a place of freedom," Lescure said.

This year's festival has a markedly American flavour, and opens with Woody Allen's 1930s Hollywood film Cafe Society, starring Stewart and Eisenberg. It's showing out of competition.

Of the 20 films running for the top prize, three were made by women: Germany's Maren Ade with Toni Erdmann; the UK's Andrea Arnold with American Honey, starring LaBeouf; and France's Nicole Garcia with From the Land of the Moon, starring Cotillard alongside Louis Garrel. The festival organizers have been criticized in previous years for failing to include a wider selection of films directed by women. THE ASSOCIATED PRESS



Toronto expat becomes a trans fashion beacon



Daniel Friedman, left, seen with Rae Tutera, is the bespoke tailor behind Brooklyn's Bindle & Keep, subject of the Lena Dunhamproduced documentary, Suited. COURTESY HOT DOCS

DANIEL FRIEDMAN

Bespoke atelier subject of Hot Docs feature Suited

Five years ago, if you'd told Toronto expat Daniel Friedman he would be running an LGBTQ clothier profiled in a Lena Dunham-produced documentary, he says he'd find it easier to believe he would win a billion dollars or become an astronaut.

"It was not even a fetus in my brain," the bespoke tailor behind Brooklyn's Bindle & Keep, subject of the Hot Docs feature Suited, says.

Yet the proprietor of the bespoke clothier has specialized in suiting for gender nonconformists since 2012. The heterosexual, cis-gender 37-year-old took up tailoring after his "brain broke": a lead-poisoning accident in grad school left him unable to read. ending his hope of becoming an architect.

He opened Bindle & Keep in 2011, but it wasn't until he made a suit for Rae Tutera that the business took on its unique focus. Tutera found the experience so empowering, they asked Friedman to apprentice them (Tutera uses the pronoun "they" rather than

"he" or "she").

Word-of-mouth built until Bindle & Keep found itself a beacon for trans fashion. "When you have a suit company and people say, 'Can you put an androgynous suit on my relatively curvaceous, anatomically female body? and 'I want a completely gender-blind suit,' when you're in a startup the only answer is yes," he says. "You just say yes, yes, yes because you can't afford to say no."

Following a profile in the New York Times, Friedman says he received 300 emails thanking him for his work. The article also inspired director Jason Benjamin, a boom

operator on Girls.

Though he had no previous ties to the trans community, Benjamin found the idea of a client seeing themselves in a new way for the first time inherently dramatic.

"It felt like a great way into a description of gender iden-

of footage. Konner and Dunan original score by Toronto's Owen Pallett.

Subjects include a female-

tity," he says. He forwarded the article to Dunham and her producing partner Jenni Konner, who put up their own money for Benjamin to film 10 minutes ham took that to HBO, who scooped it up as a feature, with



Friedman and Tutera work together at Bindle & Keep. COURTESY HOT DOCS

to-male groom-to-be; a maleto-female lawyer prepping for a career-defining trial; and a 12-year-old transboy getting ready for his bar mitzvah. "It's not like we got lucky and these were the six people who had these great stories," Friedman says. "This happens every single day."

Bindle & Keep now gets requests from as far as Australia and Japan, as well as over 100 clients from Canada.

Swagger n Strut, a Torontobased organization that supports gender non-conformist designers, even sent Bindle & Keep a bottle of maple syrup and a handwritten card with pleas for Friedman to "come to Toronto" after the atelier mentored the group.

Friedman says the audience is frequently moved to tears by the subjects as they look in the mirror in their custom suits and see a reflection that matches their true selves.

"There's something universal about not liking the way you look," Benjamin says. "I think that there aren't too many people who get up, look hard at themselves in the mirror, and say, 'Yeah, I look great today,' without reconsidering in some way the things that they don't like about themselves. I think that is a component in the film that everyone can relate to."

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Tambor to print personal essays in 2017



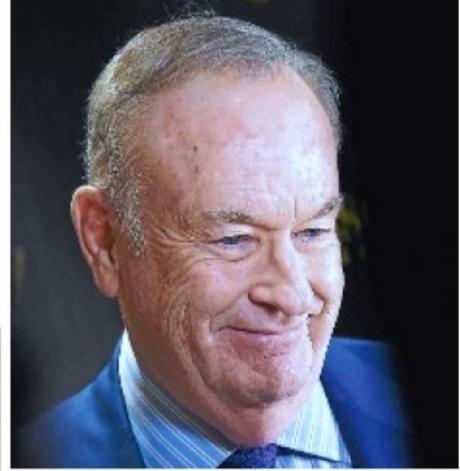
Actor Jeffrey Tambor. GETTY IMAGES

Jeffrey Tambor, the award-winning actor whose career has ranged from The Larry Sanders Show to Transparent, is working on a book of autobiographical essays.

Crown Archetype told The Associated Press on Thursday that it would publish Tambor's Are You Anybody in spring 2017. Crown, an imprint of Penguin Random House, announced that Tambor would share "introspective, humorous

stories" and how he survived his childhood and his father's motto, "Don't celebrate, they'll take it away from you."

Tambor, 71, won a Golden Globe and Emmy for his role as Maura Pfefferman on Transparent. He's also known for Arrested Development and The Larry Sanders Show. In a statement Tambor said his stories would be funny and serious, "awkward" and "inspired." THE ASSOCIATED PRESS



Bill O'Reilly's new book is out in September. GETTY IMAGES

O'Reilly's next 'Killing' subject: Japan

RELEASE

Sixth book in the series will focus on final year of WWII

Bill O'Reilly's next subject in his million-selling Killing series isn't just one person but a whole country: Japan.

Killing the Rising Sun,"which focuses on the final year of the Second World War in the Pacific, is coming out Sept. 13.

O'Reilly told The Associated Press during a recent interview that he and his coauthor, Martin Dugard, have researched the conflict from the American and Japanese sides and will take a close look at the debate over whether President Harry Truman should have ordered the atomic bomb attacks on Hiroshima and Nagasaki.

The Fox News host also says



When you hear about some of the people who were opposed to dropping the bomb, the names will surprise you

Bill O'Reilly

the book will include letters from former Presidents Jimmy Carter, George H.W. Bush and George W. Bush on whether they would have dropped the bomb.

Wednesday's announcement about the book came two days after John Kerry became the first sitting U.S. secretary of state to visit the Hiroshima memorial, described by Kerry as a "gutwrenching display."

Killing the Rising Sun is the sixth of nine planned books in a series that has made O'Reilly and Dugard the most widely read historians in the country despite frequent criticisms about their accuracy. The books, which include Killing Jesus and Killing Lincoln, routinely sell more than 1 million copies in hardcover, a rare achievement for nonfiction releases.

Publisher Henry Holt and Co. told the AP on Wednesday that more than 14 million copies of O'Reilly's series are in print worldwide.

O'Reilly acknowledged that Killing the Rising Sun is a "provocative" title, but he said an even more direct one was planned.

"We were originally going to call it Killing Japan," he said, adding that he was "happy" with changing it to Killing the Rising Sun.

"At this stage," he said, "I'm not worried whether people like it or not."

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How pot helps host Bill Maher hit the high notes

LEGALIZING MARIJUANA

'Real Time' host admits weed to be a creative aid

While a lung-full of marijuana can reduce some potheads to a puddle of silliness and sloth you know who you are - the fact remains: Pot can serve a host of creative uses.

Case in point: TV host Bill Maher.

Since premiering 13 years ago with Real Time, which HBO airs live on Fridays at 10 p.m. EDT, Maher has provided an essential forum for smart discussion about politics and culture, with his opening monologue often the sharpest, best-crafted topical humour on television.

Even better is his final segment, which ramps up from a litany of so-called "New Rules" to a jestful-yet-meaty meditation on such subjects as the election follies, political correctness, gun control and, yes, legalizing marijuana.

Maher's vocal support for pot legalization exemplifies his largely libertarian stance. Meanwhile, there's a practical consideration: Grass helps him get his writing right.

So what better occasion than now to salute Maher's decades of comic insight while also giving credit to his cannabis muse! After all, next Thursday is April 20, better known among pot proselytizers as 4-20, which they observe as a special day to honour their favourite herb and to advocate for boosted legal access to it.

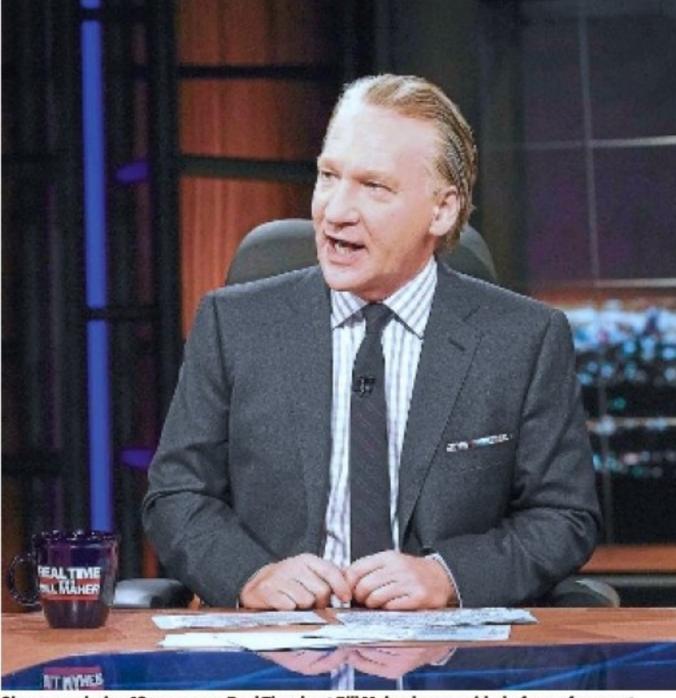
"I am hardly the only person in this world who finds pot to be a creative aid," Maher notes during a recent phone conversation. "But if I'm staring at the blank computer screen sober, I'm thinking, 'Uh, I don't want to start this, it's an ASSIGN-MENT!' Then, as soon as I'm high, which takes about three seconds, it's, 'Oh, this is fun! This isn't an assignment. It's a GAME."

He hastens to add, "People think I probably smoke a lot more than I do.'

No wonder. It's a part of his professional persona.

He has wisecracked that the conservative magazine The National Review coming out against Donald Trump "is like High Times coming out against me."

This is a guy who jokes that he might face consequences from a lifetime of pot smoking,



Since premiering 13 years ago, Real Time host Bill Maher has provided a forum for smart discussion about politics and culture. COURTESY HBO VIA THE ASSOCIATED PRESS



When it comes time for Congress to consider common-sense pot legislation, it's like smoking a joint with Woody Harrelson: They just won't pass it!

TV host Bill Maher

"but fortunately, I can treat them with medical marijuana."

And a year ago Maher drolly paid homage to the 4-20 holiday by reciting an original nursery rhyme, Twas the Night Before 4-20, which included lines such as, "We lit up a joint and ate a pot brownie/And soon were as high as a young Robert Downey."

But despite his saucy endorsements, "I've always been a very moderate user. I'm a two or three times a week smoker, a lightweight. My priority is work — the writing process and that's what I save it for."

At least, he did until one show last February. In his closing segment, he framed the evident trend toward legalizing pot as something its proponents shouldn't take for

"Progress doesn't just auto-

matically snowball," he declared. "Think of other rights we never thought would be rolled back. Look what's happened with abortion.

"Somehow," he continued, teeing up a punch line, "this is the year when everything from socialism to mass deportation is on the table, and voters love the authentic guys who speak their minds. But when it comes time for Congress to consider common-sense pot legislation, it's like smoking a joint with Woody Harrelson: They just won't pass it!"

Then Maher produced a joint and, firing it up, did something he had never done before: Got buzzed, live, on the air. "I purposely did it at the very, very, very end of the show," he points out.

But things weren't really over. On the heels of Real Time came the weekly live-streamed Overtime, where Maher was obliged to preside on-camera for another 15 minutes or so while he and his panel mates, most of them similarly lit, fielded questions from the audience as best they could.

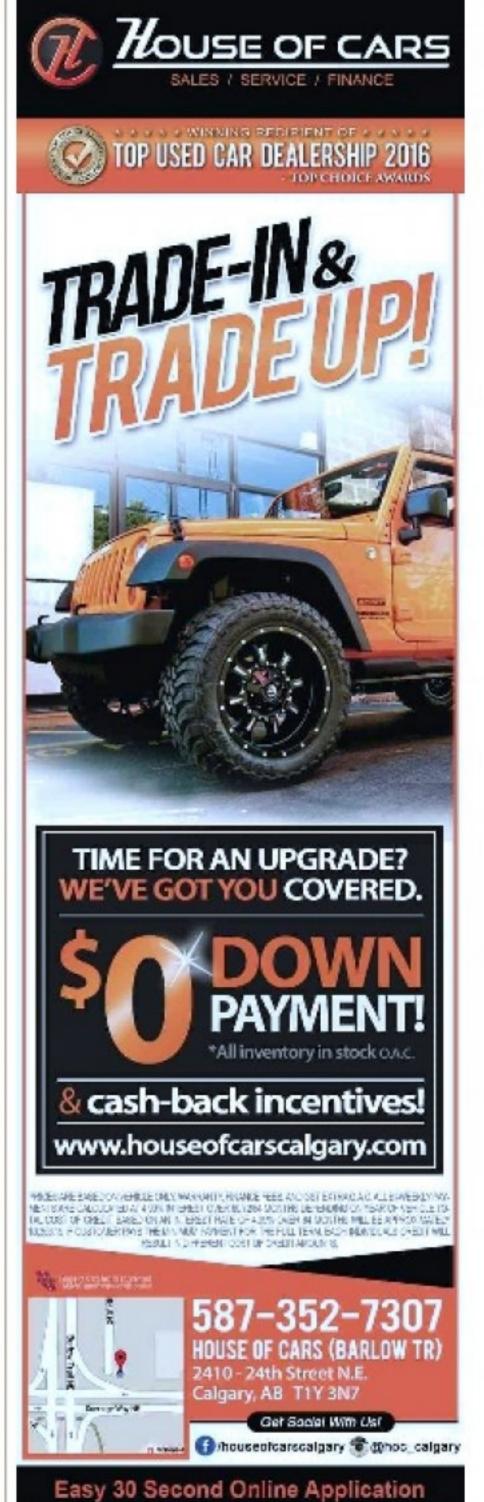
"My heart was pounding in my chest," Maher confides with a wry chuckle. "I was going, 'Hold it together. Don't say anything crazy.' The idea of ever being stoned on the real show - NEVER would I ever do that again!"

He doesn't need to. He demonstrated his approval with those token tokes. Beyond that, Maher is happy to keep his pro-pot propensity in tighter perspective.

"Much to the consternation of some people in the pot movement, I've made the point many times that legalization is NOT the No. 1 priority in America," he says, "and it shouldn't be." Not even on 4-20, at least not for him. "There are much bigger issues."

Happily, marijuana gives him a humorous assist in highlighting those bigger, sober issues for his audience.

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Cattrall 'Sensitive' to Canadian made

Actress wore clothing by Canadian designers on TV series

As one of the fashionable female leads on the trendsetting series Sex and the City, Kim Cattrall came to recognize the power of style to reflect mood, character and surroundings.

The award-winning actress sought to infuse a similarly stylish approach to her character, Davina, in the madein-Canada series Sensitive Skin - albeit with a homegrown twist.

In every scene that Cattrall is in, her character, an exactress and model, wears at least one Canadian designer as part of her ensemble.

"I was really excited to bring that element," Cattrall said in a phone interview from New York.

"It was difficult because I think most people in my industry, they want to just



Kim Cattrall hosts the Canadian Arts and Fashion Awards on Friday. THE CANADIAN PRESS

fill in the blanks of what the dress should look like based on known designers, based on what's fashionable right then. But that's why I brought in (stylist) Marie-Eve

Tremblay who was amazingly helpful in the sense of introducing me to young Canadian designers."

As Cattrall takes on hosting duties at the Canadian Arts and Fashion Awards in Toronto on Friday, she sees the opportunity as a natural extension of her commitment to celebrate the local industry's talents.

"I think that these Canadian designers warrant headlines of their own, and they should be worn, and people should know about them," said Cattrall. "It's been a really interesting education for me."

Cattrall has worn designs from several of this year's CAFA nominees on Sensitive Skin, which returns for its second season May 15 on HBO Canada.

Among the homegrown creations she's worn are items from womenswear labels Pink Tartan and Lucian Matis, and past CAFA winners Mikhael Kale and Sid Neigum.

Cattrall is a supporter of Canadian fashion offscreen as well, wearing designs from longtime lifestyle brand Roots, and Toronto-based label Smythe, known for its modern, tailored jackets.

Cattrall also recalled wearing creations by 2013 CAFA nominee Lida Baday offscreen, and on the inaugural season of Sensitive Skin. She was disheartened to hear the womenswear designer had shuttered her label in 2014 after 27 years.

"Everybody knows their Italian designers. They know their Gucci, Pucci. Why does a designer like Lida Baday go out of business?" Cattrall asked, describing Baday's designs as "terrifically wellmade" and "versatile."

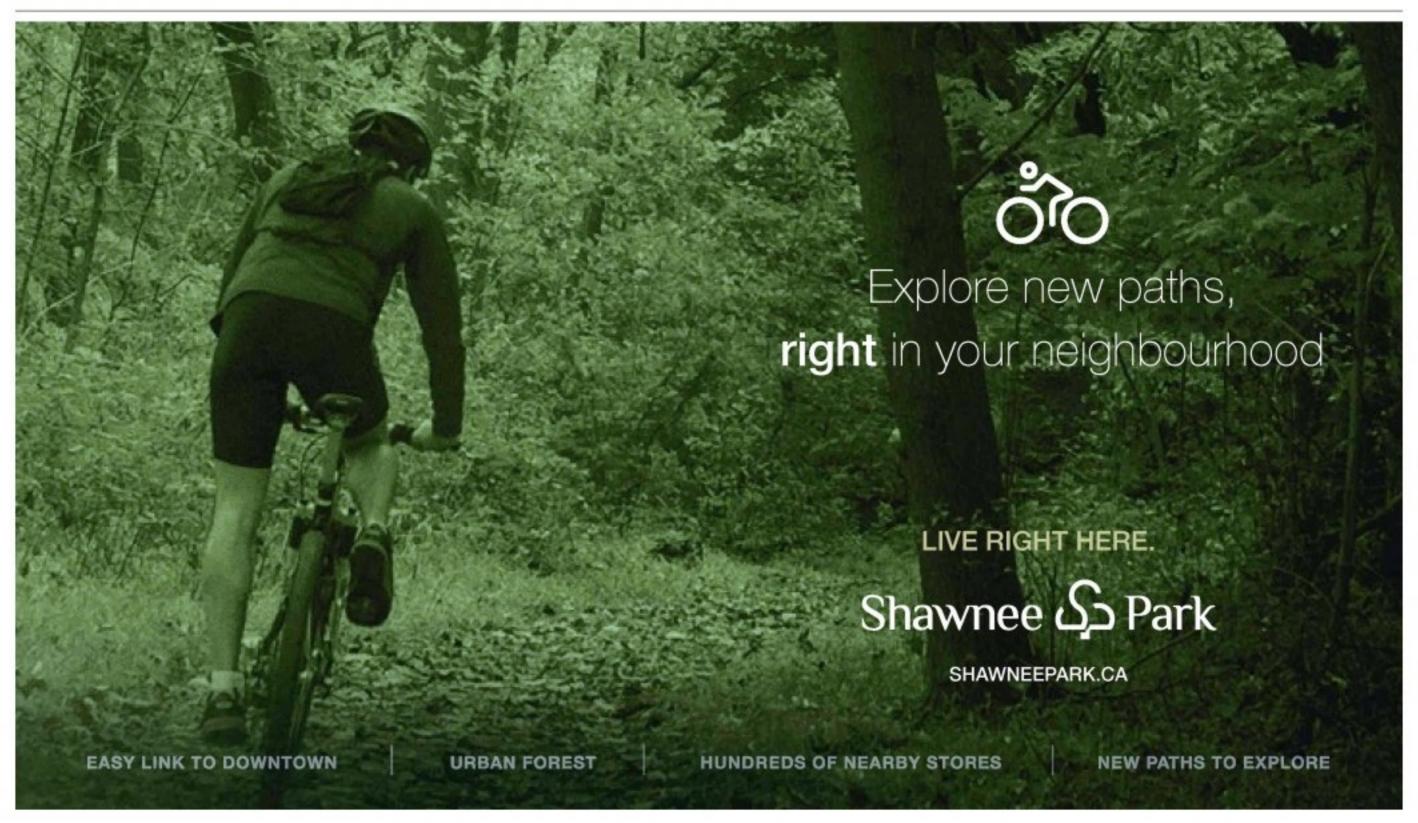
Cattrall also lamented the lack of general awareness about other homegrown talents like Jeremy Laing, who also closed his label in 2014.

"I showed one of the jackets to a friend of mine, and she's Canadian ... and she didn't know who Jeremy Laing was," recalled Cattrall. "She said: 'I would have bought that That's a great jacket. It's well-made. It's a design that's slightly different."

She sees the CAFAs as a chance to potentially offer broader exposure to Canadian labels.

"It's, of course, celebrating designers and very talented people and very hard-working people. But I feel that my job hosting it, and the presenters ... is to spread the world. And the word is excitement. It's exciting times for Canada right now."

THE CANADIAN PRESS





Fans of Empire will be able to binge-watch each current episode prior to the season finale on May 18. HANDOUT

Binge watching Empire now possible in new deal

SYNDICATION

Fox and TV One deal is unusual in television

Fans of Empire will be able to binge-watch each episode of the drama's current season prior to the season finale on May 18 as part of an unusual syndication deal between Fox and the TV One network announced on Thursday.

The cable network that targets black viewers will also air reruns of the music business drama this summer, and present another binge-watching marathon of episodes prior to the beginning of the third season next fall. (All the episodes already are available for streaming on Hulu.)

The deal involving a pro-

gram that has been on the air for only 15 months illustrates how television's syndication market is changing. It's also a big play for attention for TV One, a network available in roughly half of the nation's television homes that previously trafficked in old sitcoms like Sanford & Son and Good Times.

"Our audience is going to really devour the show," said Brad Siegel, TV One president.

Gone are the days when a television show's 100th episode was cause for celebration on the set - that was traditionally the cutoff point for the number of episodes necessary to sell rerun rights in syndication.

But BET blazed a trail in 2013 in its deal with ABC's Scandal in only that show's second year. It enabled BET to air reruns eight days after the original episode was first aired on the broadcast network.

The Empire deal benefits TV One in putting one of television's hottest shows on the air, and Fox because it gives fans extra opportunities to catch up with the stories on a serialized drama. When Empire takes a break midway through its third season next winter, TV One will air that season's episodes prior to the

I really think it's smart on Fox's behalf to recognize that you have to do things differently now Brad Siegel, TV One president

midseason return.

Financial terms of the deal were not disclosed.

Serialized shows are wellsuited to these new arrangements because they're not as durable in reruns as dramas like Law & Order, where each episode is a single story, said Bill Carroll, an expert in the syndication market for Katz Media.

"I really think it's smart on Fox's behalf to recognize that you have to do things differently now, the world is changing so fast," Siegel said.

TV One hopes the attention it receives from televising Empire will attract viewers to its growing slate of original series. The network is also aggressively moving into the TV movie business, and will produce 26 new movies next year, Siegel said.

THE ASSOCIATED PRESS

CINEMACON

Deadpool 2, fourth Avatar announced

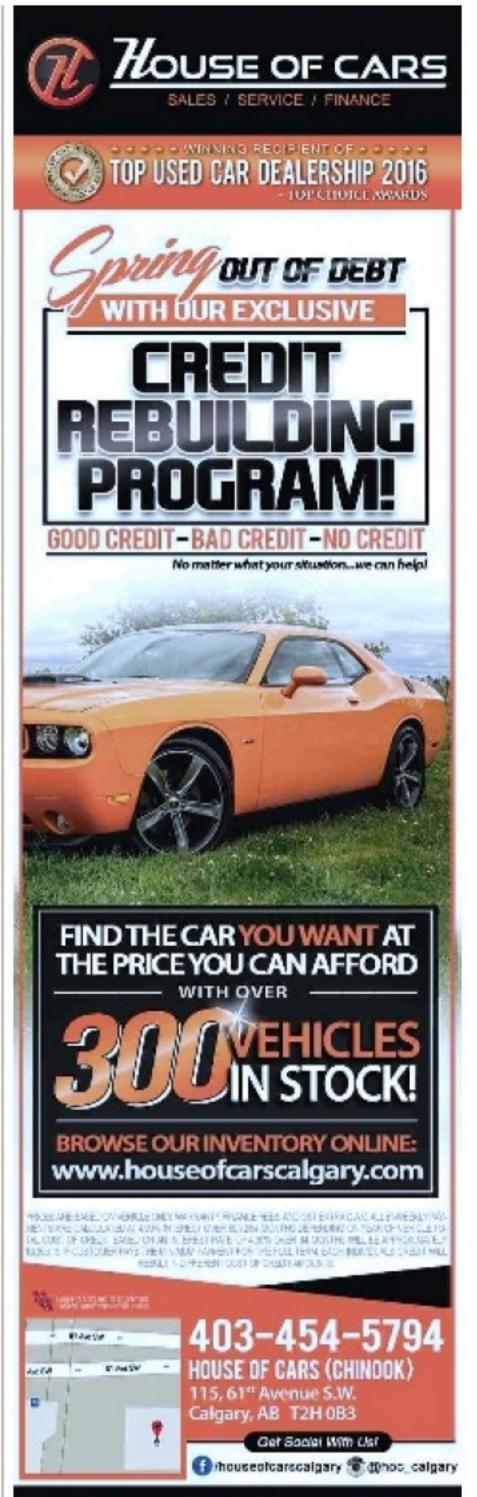
20th Century Fox had its eyes on the future Thursday at Cinema-Con, where it was revealed that not only was a Deadpool sequel in the works with star Ryan Reynolds and director Tim Miller, but that James Cameron would be making a fourth Avatar sequel.

Cameron had previously announced plans to make three follow-ups to his visionary box office juggernaut, but said Thursday that there was just too much material for only three movies. The first of the four will roll out in 2018 with the subsequent films coming in 2020, 2022,

and 2023.

The confirmation of a Deadpool sequel, however, was no big surprise to anyone. The first film came out earlier this year and was a massive hit for the studio, grossing over \$757 million worldwide on a production budget of only \$58 million.

Fox always puts on a big show at the annual convention of theatre owners and this year kicked off the morning's proceedings with Vanilla Ice performing Ice Age, Baby — a riff on his 26-yearold hit in promotion of the studio's Ice Age: Collision, out this SUMMET. THE ASSOCIATED PRESS



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Bieber's got a new reason to be sorry

Star caught on camera using tour mate's arm as ashtray

Justin Bieber's primary creative gift may be finding new and inventive ways to misbehave.

Sure, he's been on his best behaviour lately, though he was

bound to slip up and return to his impressive rap sheet, which includes vandalism, driving while intoxicated, assault and at least one egg-throwing incident. Now the Stratfordraised pop star has been photographed in a Houston nightclub apparently being choked by one of his tour mates after using his arm as an ashtray.

In images posted online Wednesday, Dallas-based rapper Post Malone, who is among the

opening acts for Bieber on his current Purpose tour, is seen gripping Bieber's neck with his left hand after their show April 9. A TMZ video from the same evening appears to show Bieber, surrounded by an entourage that includes Malone, butting out a cigarette on Malone's arm. It's unclear whether the two incidents are connected.

That would be enough to raise the ire of anyone, but Malone might have been particularly edgy: He may have been anticipating legal action against him by Allen Iverson, the former Philadelphia 76ers star, who filed a \$6-million lawsuit against Malone Wednesday over his 2015 hit White Iverson. It taunts the basketball legend for never winning a championship.

Whether or not the incident will help or harm Bieber's reputation is open for debate, but there might

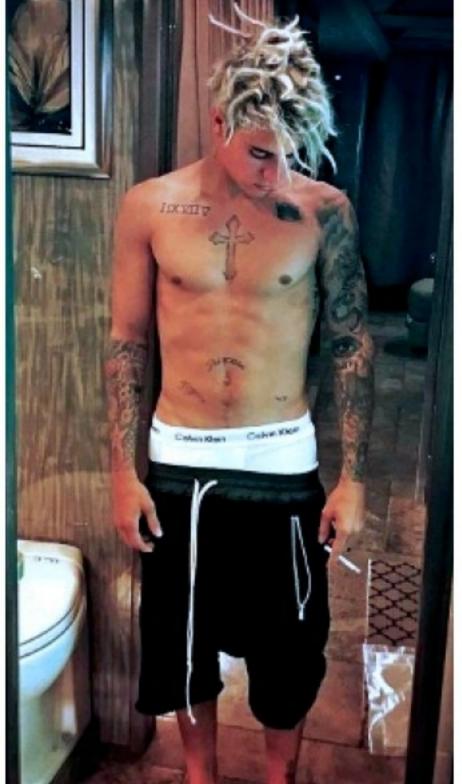
be a monetary measure: The singer himself is currently being auctioned on eBay. The opening bid is \$20,000 (U.S.), with conditions to be met: "Buyer must arrange transport, preferably outside the U.S.," the listing reads. "No longer wanted in America, hence the attractive starting bidding price. Absolutely no returns."

At press time, there were no bids. TORSTAR NEWS SERVICE

The value of the lawsuit filed against Justin Bieber's opening act, rapper Post Malone, whose hit White Iverson mocks basketball player Allen Iverson.

TORSTAR NEWS SERVICE





Justin Bieber allegedly butted out his cigarette on the arm of his opening act Post Malone. INSTAGRAM.COM/JUSTINBIEBER





Grimes AFP

opening-weekend set The first weekend of Coachella takes place April 15-17 in Indio, California.

Among the acts confirmed to perform at the festival are LCD Soundsystem, Guns N' Roses, Sufjan Stevens, Grimes and Sia. Many of these major acts overlap on the schedule, including Grimes and Guns N' Roses. The second weekend of music takes place April 22-24. AFP



Critics may hate Nickelback, but lots of people love them - 2001's Silver Side Up sold 10 million copies worldwide. GETTY IMAGES

All the love for Nickelback makes critics irrelevant

Scholar looked at 14 years of negative reviews for answers

Ben Rayner Torstar News Service

What makes a band so hateful that entire cities have attempted to banish it from their borders?

Well, we don't actually know yet what it is about Nickelback that angers up the blood so much that places like Detroitand London, Ont., have waged popular campaigns to stop the band from entering the city limits.

But a new academic study does shed some light on why so many music critics find Nickelback such an object of black, burning hatred — and winds up saying more about the culture of music criticism than it does about the Alberta rockers' music.

The paper, by Finnish scholar Salli Anttonen, titled — deep breath here - Hypocritical bullsh-t performed through gritted teeth: Authenticity discourses in Nickelback's album reviews in Finnish media - and just published in the journal Metal Music Studies (who knew?), examined 14 years' worth of (mostly bad) Nickelback reviews in an effort to discern why so many music critics loathe the



Chad Kroeger has said "if a critic likes your music, you're probably in trouble." GETTY IMAGES

mega-platinum Canadian quartet the way they do.

Among her conclusions? Critics prize a very specific notion of what constitutes "authenticity" in rock music and Nickelback is far too unabashedly populist to fit that definition - i.e., the band is too popular to be considered "authentic" in their eyes — so music writers are faced in the group's success with a refutation of their values.

"By nullifying Nickelback's authenticity," Anttonen writes, "critics are actually authenticating themselves."

"Critics are really enthusiastic about the hatred," Antonnen told BuzzFeed Canada. "I wanted to know: What is it about this one specific band that creates that?"

In the end, she told the web-

site, she decided that it was "not about the sound, but what values are attached to the sounds." As she writes: "Nickelback is too much of everything to be enough of something. They follow genre expectations too well, which is seen as empty imitation, but also not well enough, which is read as commercial tactics and as a lack of a stable and sincere identity."

No one disagrees that Nickelback is fond of "commercial tactics," but I would argue that the band's identity - beer-swillin' macho post-grunge party band with pyrotechnics - is as stable and sincere as it gets.

I've taken some shots at Nickelback in the past, yes, but over the years I've kind of warmed up to the lads because they are so unapologetically what they are. Not enough to listen to their records, no, but enough that I can respect those records for being such perfectly conceived examples of "give the people what they want" hard rock.

Nickelback doesn't care that music critics don't like Nickelback because lots of people clearly do - 2001's Silver Side Up alone has sold a whopping 10 million copies worldwide - and that irks music critics because we want people to like the things we like. When a band like Nickelback succeeds, we are rendered irrelevant.

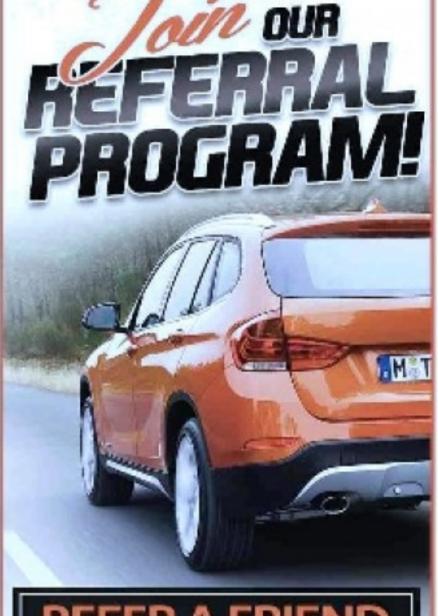
It's nothing personal, Nickelback. When we hate on you we're only projecting our insecurities and maybe, just a little bit, hating

In the meantime, for once I'll give frontman Chad Kroeger, with whom I've always gotten along precisely because he is so proudly what he is, the last word.

"I have a very realistic view," he told me in 2003. "I know there's a lot of people on this planet who f-ing hate the sound of my voice. You can't please everybody all the time. I don't make music for those people. . .

"When Silver Side Up came out, the critics destroyed it and we went on to sell over nine million copies. So if this record comes out and they praise it, I'm gonna pack my bags and head home. C'mon, baby, give me that sh-ty review, because unless you're Coldplay — if a critic likes your music, you're probably in trouble."







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President Barack Obama. MANDEL NGAN/AFP/GETTY IMAGES

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VEAWAY TODAY

He's first to know what happens to Jon Snow

President Obama gets to preview Game of Thrones

Presidential perk: Obama will probably know Jon Snow's fate before you do. The U.S. president requested a sneak preview of Game of Thrones' secrecy-shrouded Season 6, and he got one

Being the leader of the free world isn't a bad gig. You get a nice house (with ample parking,

right in the middle of Washington), your own jet and, perhaps most importantly, early access to the year's most-anticipated show.

HBO and Game of Thrones showrunners David Benioff and D.B. Weiss aren't releasing screeners of the new season.

During HBO's Sunday red car-

pet for the premiere of Season 6's first episode, the showrunners confirmed that the U.S. president will receive advance episodes.

"When the commander in chief says, I want to see advanced episodes,' what are you gonna do?" Benioff said.

THE WASHINGTON POST



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GOSSIP DIANA ROSS

Singer injured in limo crash

Police say Diana Ross was injured when an SUV ran a stop sign and crashed into the limo carrying her in Pennsylvania.

Bethlehem, Pa. police say the singer complained of head and neck pain after the crash on Wednesday afternoon. She was treated at the scene. No one else was hurt. THE ASSOCIATED PRESS





HAPPY NEWS BABY BOY BLACKSTOCK Pop singer Kelly Clarkson has announced the birth of her second child, a boy named Remington Alexander Blackstock. Clarkson, a former American Idol star, posted Thursday on her Twitter account that the baby was born Tuesday and "he is healthy & we couldn't be happier or more in love." A representative for Clarkson confirmed the information. The 33-year-old Grammy-winning singer and her husband, Brandon Blackstock, also have a daughter, River Rose, who was born in 2014. THE ASSOCIATED PRESS

Jared Leto attends the 88th Annual Academy Awards on Feb. 28 in Hollywood, California. MIKE WINDLE/GETTY IMAGES

Don't open Leto's gifts

Suicide Squad actor surprises co-stars with icky presents

Jared Leto has apparently gone full method, and his method is madness.

The Oscar winner is so serious about his role as nihilistic mastermind the Joker that he's taken to sending his Suicide Squad co-stars the type of unpleasant presents that no one would want to open, especially in public.

"I did a lot of things to create a dynamic to create an element of surprise, a spontaneity and to really break down any kind of walls that may be there," the Oscar winner told E! News while promoting the movie at CinemaCon.

"The Joker is somebody who doesn't really respect things like personal space or boundaries."

He's certainly nailed that part of the role. Don't believe us? See if you can differentiate between the actual presents Leto gave his co-stars and



some bizarre hypothetical gifts we just made up.

- 1. A live rat
- 2. Cheeseburger made of human flesh
- 3. Set of bullets
- Used condoms
- 5. Soiled 30 Seconds to Mars T-shirt
 - Sticky Playboy magazines
 - Anal beads
 - Peanut butter smeared on a playing card
 - 9. A nude selfie
 - A dead pig

TORSTAR NEWS SERVICE

Royal couple visit last country to get TV

Prince William and wife Kate met Bhutan's king and queen Thursday, with colourful dancers and musicians performing a welcome ceremony at the start of a two-day visit to the tiny Himalayan nation.

A row of monks bowed to the couple as they arrived at the Tashichho Dzong fortress in the capital Thimphu for a private audience with King Jigme Khesar Namgyel Wangchuck and Queen Jetsun Pema.

The Duke and Duchess of Cambridge flew into the picturesque mountain kingdom on Thursday morning from India, where they played cricket, hung out with top Bollywood actors and laid a wreath at a memorial to India's war dead.

They will spend two days in the tiny kingdom, famously the last country to get television and home to just 750,000 people.

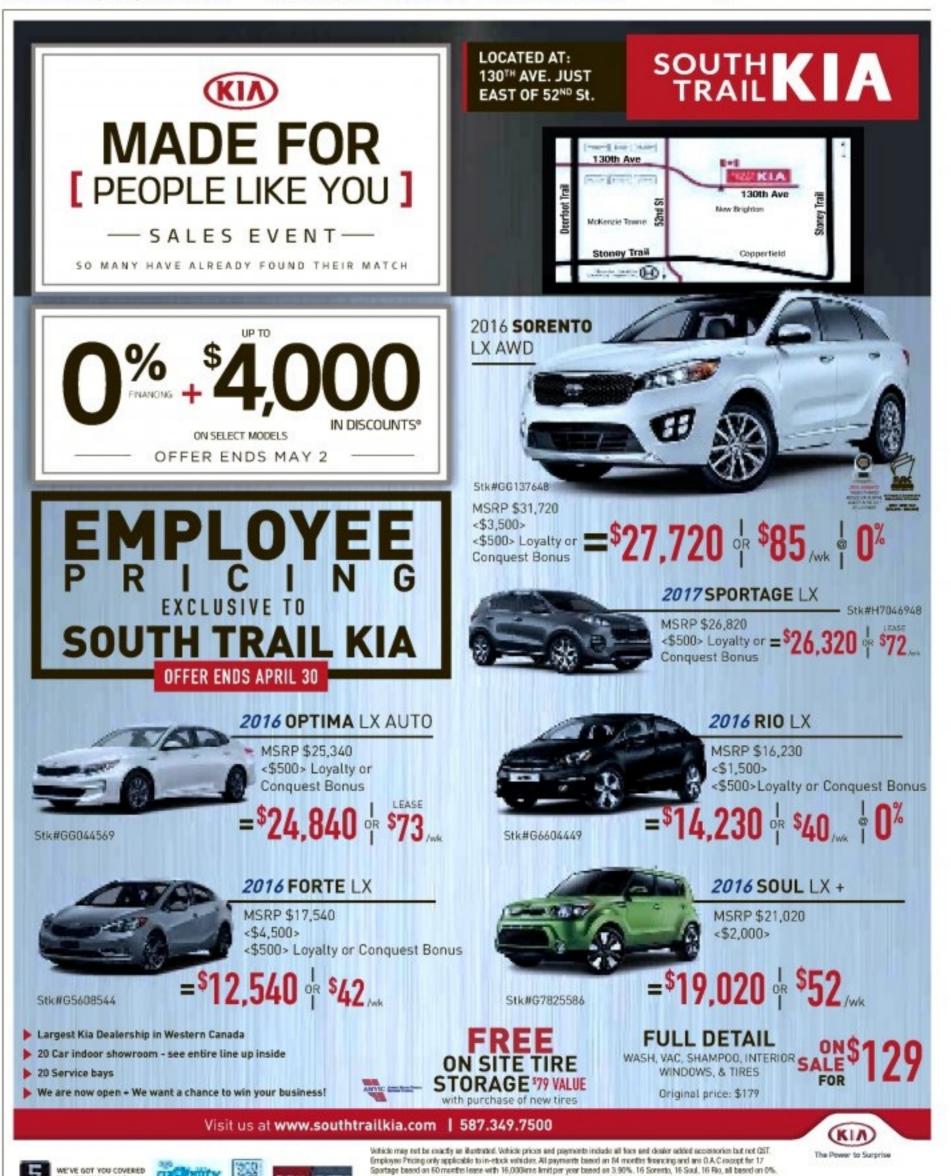
Bhutan's Oxford-educated



Prince William and his wife, the Duchess of Cambridge are on a two-day visit to Bhutan, GETTY IMAGES

monarch — known as the Dragon King - greeted the British couple in Bhutanese national dress, which is still required to be worn in schools and the workplace.

His wife also wore traditional dress, while Catherine, Duchess of Cambridge, wore a black and cream cape top and a long blue printed skirt reportedly made from fabric hand-woven in Bhutan.



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Creating a hero for healthy eating

FARTZEE SHMARTZEE

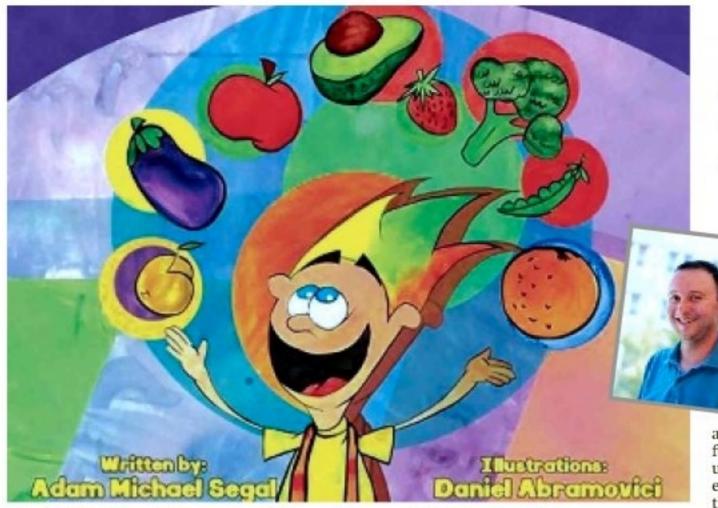
Author and dad takes on our junk food culture

Taking a bite out of childhood obesity is the goal of a children's book that uses humour to make the connection between food and health.

In Fartzee Shmartzee's Fabulous Food Fest, Adam Michael Segal uses an animated character to champion healthy eating.

Segal, a writer specializing in health and wellness, found himself increasingly disturbed at some of the food choices available to his two children, now eight and six. He noticed students are often rewarded with treats and many schools hold hotdog and pizza fundraisers. One day his daughter brought home a jar from school filled with a sugary snack called "toxic waste."

"What was concerning was that she thought it was the coolest thing ever. And to me that's a problem. Kids think that this unhealthy food is so



Adam Michael Segal is the creator of Fartzee Shmartzee's Fabulous Food Fest. THE CANADIAN PRESS

cool," says the Thornhill, Ont.,

It got him thinking about characters associated with sugary foods that kids love -

including some from his own childhood - such as the leprechaun from Lucky Charms cereal and the cartoon naval officer advertising Cap'n Crunch.

"There's so many fun and cool characters that those cereals have," says the 39-year-old. "When you're a kid it's just like watching a cartoon."

The sooner we can get children to realize the benefits of healthy food and make it enjoyable for them the greater the chance they're going to be able to carry on that habit of eating healthy for the rest of their lives

Author Adam Michael Segal

He wrote the book, then a high school friend and animator, Daniel Abramovici, provided the illustrations.

"I said I wanted to create a char-

acter that is just as cool and fun as these ones that they're using for unhealthy ingredients, basically use the same thing but for a good reason," Segal says.

"The sooner we can get children to realize the benefits of healthy food and make it enjoyable for them the greater the chance they're going to be able to carry on that habit

of eating healthy the rest of their lives."

The World Health Organization says childhood obesity is one of the most serious public health challenges of the 21st century. Globally in 2013, the number of overweight children under age five was estimated to be more than 42 million, up from 32 million in 1990.

Overweight and obese children are likely to stay obese into adulthood and more likely to develop diabetes and cardiovascular diseases at a younger age, the WHO says.

Segal's self-published book is available at Amazon.ca and in select Indigo stores. THE CANADIAN PRESS

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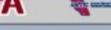
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New exhibit very revealing

FASHIONS

Victoria and **Albert Museum** gives us a peek at underwear

Think of it as Victoria's (and Albert's) secret. London's Victoria and Albert Museum has peeled back fashion's layers to expose everything from long johns to lingerie in Undressed, an exhibition tracing the hidden history of underwear.

It's a story about covering up, and also about showing off. For centuries, people have worn undergarments for practical reasons of protection, hygiene and comfort - but there has always been an element of sexuality and drama as well.

"Something we wanted to correct in the exhibition is the assumption that all historical underwear is plain," researcher Susanna Cordner said Wednesday.

She said early underwear involved a simple cotton or linen garment next to the skin, "but then you would get little fashion flairs."

"Any period of history with underwear there's an implied viewer - there's someone else in the room."

The show, which features more than 200 items made between 1750 and the present day, is dominated by women's undergarments - everything from cotton drawers worn by the mother of Queen Victoria (the V&A museum is named for the 19th-century monarch and her husband), to a Swarovski crystal-studded bra and thong.

But there are men's unmen-



Women's lingerie predominates, but there are some examples of men's unmentionables, too. LEON NEAL/AFP/GETTY IMAGESS

tionables, too, including 18thcentury shirts, which were considered underwear because they were worn next to the skin.

Curators of the show have emphasized the contribution of female designers and innovators such as Roxey Ann Caplin, whose "health corset" - designed to shape the body without crushing the organs - won a medal at the Great Exhibition

Looking at the riot of corsetry, it's hard not to think "Hurray for the bra." The exhibition traces the history of brassieres, from their development as "bust supporters" in the 1860s through their wide adoption in the early 20th century to the introduction of Lycra in the late 1950s.

Edwina Ehrman, the exhibition's curator, said Lycra was "a fabulous breakthrough" - and a reminder that the evolution of underwear is a story of technology as well as creativity.

The exhibition reveals that the line between underwear and outerwear has long been blurred. Ehrman said people have been

revealing their undergarments since at least the 16th century.

"Fast young women in the early 1800s would show the frills around their long underpants when they sat down," she said. But we've carried it to extremes today."

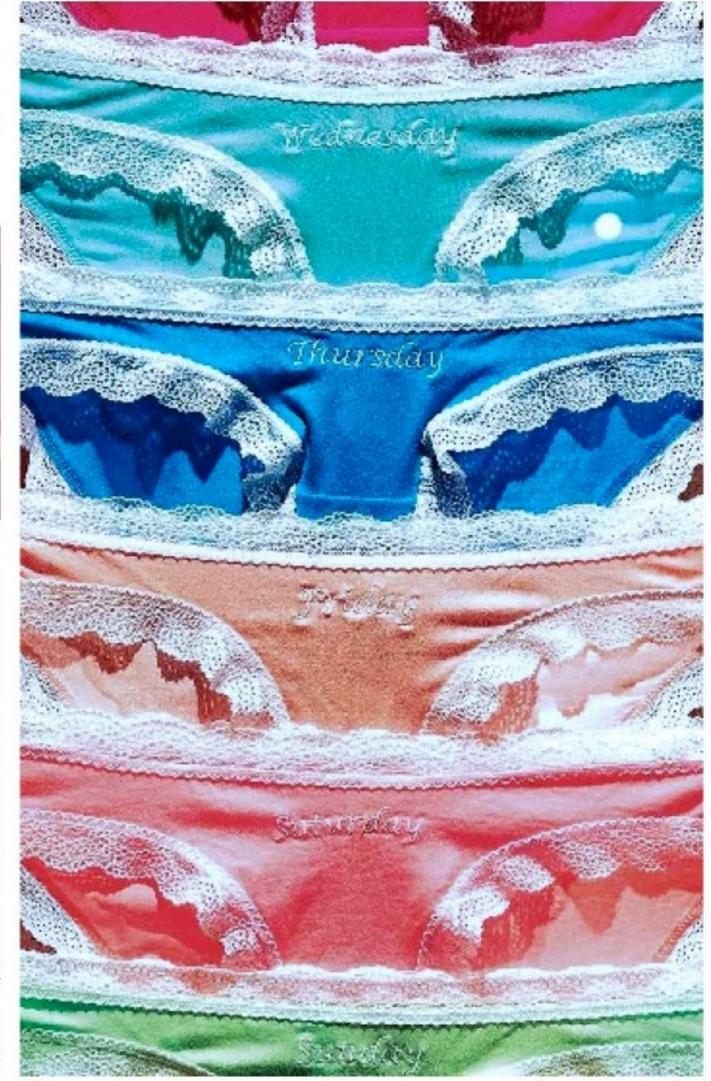
Many of those extremes have been seen on fashion catwalks, and the exhibition's glass cases are full of wild and wonderful underwear-inspired designs: a sheer Liza Bruce slip dress famously worn by Kate Moss in the 1990s; a wispy lavender chiffon and lace gown by Ellie Saab; an extravagant gold-corseted Alexander McQueen gown.

French lingerie designer Fifi Chachnil — whose signature Babyloo playsuit is on display in the exhibition - thinks we will always want to show off our skivvies.

"I don't like to make a bra that will not be seen," she said.

"I think life is a stage, and every woman is playing a part."

The exhibition runs from April 1 to March 12, 2017. THE ASSOCIATED PRESS



A "Days of the Week" panties set by cheekfrills is displayed in the exhibition Undressed: A Brief History of Underwear at the Victoria and Albert Museum in London, running now through next March. LEON NEAL/AFP/GETTY IMAGESS



Your essential daily news Three couples spend night with sharks in AirBnB Paris aquarium contest







With 36 billionaires, Palm Beach is America's richest zip code, but you only need to head to West Palm Beach to soak in an artsier vibe. MAIN: INTERNATIONAL POLO CLUB; ALL OTHERS KATHY BUCKWORTH/FOR METRO

A taste of the other Florida

PALM BEACH

Just as fun as Miami, but more laid back

Kathy Buckworth For Metro Canada

At the halfway point of a polo match at the International Polo Club in Florida, there's a rush There are those in the champagne filled tents, who are there to be seen, and those who are there to be seen, and those who are there to watch, from the stands. Both move with equal speed to line up for a free glass of champagne and to stomp the divots. The divide between the demographics is significant, symbolic of the bridge that separates West Palm and Palm Beach. "I'd never cross" say some residents, of either side.

With only a population of

9,000, and at only 26 miles from top to bottom, Palm Beach is home to 32 billionaires, America's richest zip code, and where Donald Trump's 110,000 square foot estate Mar-A-Lago sits on coveted Ocean Boulevard, surrounded by homes owned by old money and new dot the shoreline. For a terrific overview of the island and its inhabitants, take the Island Living Tour; either by car, bike or your own two feet.

Polo is one of the season's

central social activities. Prices vary; it is possible to take in a match for as little as \$40. After hobnobbing, relax at a boutique hotel like the beachside Tideline, where you can join a complimentary yoga class or enjoy a plate of fresh sushi at on-site restaurant Mizu.

Do cross the bridge and venture into West Palm Beach on a Saturday between October and May and you'll have the chance to tour the very popular Green Market. Over 80 local food, drink and craft vendors make this a must visit to get a sense of the culture and people of West Palm. Take a local food tour (West Palm Beach Food Tours) to sample a bit of what this artsy and foodie community has to offer.

With 23 per cent of the population foreign born, there is a huge variety of cuisine available, including many vegan options.

Its laid back vibe is in contrast to the crazy nightlife of Miami or the heavy tourism of Orlando. Nightlife in West Palm Beach centers around City Place, conveniently located next to the impressive Kravis Center, where the Miami City Ballet's fanciful interpretation of A Midsummer's Night Dream is currently playing.

Across the street, the two month old Hilton West Palm Beach is only 10 minutes from the airport.

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metr#TRAVEL Weekend, April 15-17, 2016 55

An Italian food love story set in the Bronx

CUISINE

Belmont bills itself as New York's 'real' Little Italy

A visit to Arthur Avenue in the Bronx means one thing: Italian food.

Fresh mozzarella, handmade pasta and hero sandwiches loaded with ham, tomatoes, peppers and cheese — it's all here in the delis, restaurants, shops, cafes and bakeries along Arthur Avenue and East 187th Street.

Some of the best-known places include Tino's Deli, Madonia Brothers Bakery and an old-school, family-style restaurant called Dominick's. But there are many other places to sample the neighbourhood's bounty.

Stop in at the DeLillo Pasticceria cafe, where display shelves overflow with cookies and pastries, for a sublime cappuccino and cannoli. Check out Borgatti's pasta store, where you can watch



A sample of food from Mike's Deli.

egg noodles being made on the spot. Borgatti's take-home specialties include fettucine made from squid ink and ravioli.

A must on any trip to the neighbourhood is the Arthur Avenue Retail Market.

This indoor venue is home to a shop where cigars are rolled by hand, a produce market, a T-shirt souvenir store, and Mike's Deli, a favourite stop among politicians and celebrities.

In early April, Ohio Gov. John Kasich was photographed stuffing his face at Mike's, tearing into sandwiches and several helpings of spaghetti while stumping for votes in the New York Republican presidential primary.

A scrapbook on display at the deli shows photos of other famous visitors — including Robert DeNiro — chowing down and posing with enormous hunks of cheese and whole salamis.

David Greco, whose father founded Mike's Deli, recommends the Michelangelo hero, with prosciutto and heavenly fresh mozzarella, as one of the best things on the menu.

Arthur Avenue is located in the Belmont section of the Bronx. Belmont bills itself as the "real" Little Italy, contending that it is a more vibrant community than Manhattan's Little Italy, which has shrunk in recent decades to just a few blocks.

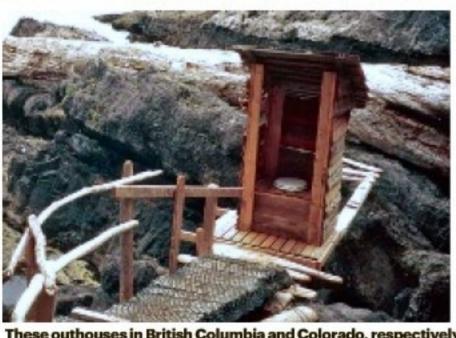
But while the Italian flavour of Belmont's culture and retailers remains strong, the population of Italian-American families has declined over the decades. The local mix now includes Latinos, Albanians and students from nearby Fordham University. Yet you can still find old women chatting away in Italian in the back row of Our Lady of Mount Carmel Church, surrounded by marble columns, stained glass windows and statues of the Madonna.

And while it's not unusual to find foodies and tourists on Arthur Avenue, there's a certain type of shopper that Greco likes the best.

"My favourite customers," he says, "are the grandmas." THE ASSOCIATED PRESS



David Greco stands in front of meats and cheeses on display at Mike's Deli, which his father founded. ALL PHOTOS BETH J. HARPAZ/ THE ASSOCIATED PRESS





These outhouses in British Columbia and Colorado, respectively, were named in a new Lonely Planet guide as some of the best toilets in the world. B.C. TOILET CHRIS KOLACZAN; COLORADO TOILET GUY SAGI

COMFORT

If you're picky about your porcelain, this guide is for you

Because every traveller knows the importance of a strategically-placed loo, Lonely Planet has released a new guide book that curates some of the strangest, most stunning and remote toilets around the world, including a lone potty dug into the tundra of the Canadian Arctic and a toilet set against a dramatic Norwegian waterfall.

Toilets: A Spotter's Guide fills 128 pages of outhouses, futuristic bathrooms, architectural marvels and sky-high urinals.

Among the hundred toilets featured, there's the aptly titled 'tundra toilet' in Canada, with nothing but a thin orange divider to separate the user's heinie from -80 C winds.

In Norway, the roar of cascading falls in the background drown out the sound of any tinkling at Huldefossen Waterfall near Fjorde, with thousands of gallons of water rushing over the 90 metre drop.

In Japan, home of arguably the most technologically-advanced loos, users have long been able to warm the seat and control the water pressure for bidet features with the touch of a few buttons.

But the more unique peeing experience is reserved for men, with the Sega-developed interactive urinal system dubbed the 'Toylet' at Joypolis amusement park in Tokyo.

In addition to testing their target skills, users can compare the strength of their stream against that of their neighbours.

And at Barafu Camp in Tanzania, users squat in makeshift outhouses perched on the edge of a cliff, 4,600 metres up the flanks of Mount Kilimanjaro.



Caps' special teams hold Flyers in check

NHL PLAYOFFS

Presidents' **Trophy winners** take early series lead

Special teams made a special impact for the Washington Capitals in their first playoff game.

With a perfect penalty-killing effort and a power-play goal by John Carlson, the Capitals beat the Philadelphia Flyers 2-0 Thursday night in Game 1 of their first-round series.

Washington's penalty kill went for 4-for-4 and frustrated the Flyers, who lost secondline centre Sean Couturier to an upper-body injury in the second period.

Capitals goaltender Braden Holtby had seven of his 19 saves on Philadelphia power plays to pick up his third career shutout in the Stanley Cup Playoffs.

Flyers counterpart Steve Mason stopped 29 of the 31 shots he faced, giving up only Carlson's goal on a shot that deflected in off teammate Chris VandeVelde.

Game 2 is Saturday night in Washington.

The Capitals went 1-for-6 on the power play.

Carlson's goal plus another at even strength by Jay Beagle late in the third period was enough to take the ser-



The Capitals' Jay Beagle fires a shot past Brandon Manning of the Flyers on Thursday night in Washington. PATRICK SMITH/GETTY IMAGES

GAME1In Washington



ies opener.

Holtby and Mason put on a goaltending show in a game

Two power plays in quick succession against a depleted Flyers penalty kill were just what the Capitals needed. When Flyers defenceman Brandon Manning was penalized in the second period for putting the puck over the glass, Washington took advantage quickly.

Nineteen seconds into the

power play, Carlson's shot hit VandeVelde as he slid across the ice to try to block it and went between Mason's legs 16:21 into the second. The Capitals got a handful of power plays in the third period, too, and used them to keep the Flyers from

After Washington's Tom Wilson and Philadelphia's Wayne Simmonds dropped the gloves and the teams got back to even strength, Beagle fired a shot past Mason at 16:36 of the third to put it away. THE CANADIAN PRESS

Isles erase 3 deficits to beat Panthers

John Tavares had a goal and two assists, including one that set up Kyle Okposo's go-ahead goal early in the third period, and the New York Islanders beat the Florida Panthers 5-4 in Game 1 of the teams' Eastern Conference quarter-final series on Thursday night.

Thomas Greiss survived a shaky beginning and made 42 saves for the Islanders in his first playoff start, and Brock Nelson, Frans Nielsen and Ryan Strome added goals for New York.

Home-ice advantage in the series now belongs to the Islanders, and they can take a 2-0 lead back to Barclays Center if they prevail when the series GAME1InSunrise, Fla.





resumes in a quick turnaround on Friday night.

Reilly Smith had two goals, Jussi Jokinen had a goal and two assists and Teddy Purcell also scored for the Panthers. Roberto Luongo stopped 21 of 26 shots.

THE ASSOCIATED PRESS



Go to metronews.ca for additional NHL playoff coverage

PITTSBURGH-NEW YORK

Fleury, Malkin could be

nearing returns for Pens Pittsburgh Penguins starting goaltender Marc-Andre

A concussion has kept

Equally uncertain for the

injured centre Evgeni Malkin

him out since March 31.

Penguins is the return of

Fleury said he was hopeful to start Game 2 against the New York Rangers on Saturday afternoon, but he couldn't be

certain.



Marc-Andre Fleury **GETTY IMAGES**

Rangers hope to have King Henrik back in net

The New York Rangers are hoping to have goaltender



Henrik Lundqvist **GETTY IMAGES**

Henrik Lundqvist available for Game 2 of their firstround series with the Penguins.

> Rangers head coach Alain Vigneault

said Lundqvist has a little bit of swelling around his left eye from a stick that snuck through his mask in their Game 1 loss on Wednesday night.

THE CANADIAN PRESS

that turned into a special-teams showcase. That played right into the Capitals' plans after finishing the regular season fifth in the NHL on the power play and second in penalty killing.

mounting any offence.

(upper-body injury). THE CANADIAN PRESS





Terrence Ross and the Raptors capped their regular season on Wednesday with their 56th win. JEFF ZELEVANSKY/GETTY IMAGES

RECORD-SETTERS

Nothing but net for W's in 73rd victory

Stephen Curry and the Golden State Warriors took their last shot at Michael Jordan and history and they swished it - for 73.

Down to their final chance at the record, the Warriors became the first team in the NBA to win 73 games in the regular season, beating the Memphis Grizzlies 125-104 Wednesday night. It broke what many considered an unmatchable mark set 20 years ago by Jordan's Chicago Bulls - oh, and Golden State coach Steve Kerr, too.

"I want to congratulate the

Warriors on their amazing season," Jordan said in a statement. "The game of basketball is always evolving and records are made to be broken. The Warriors have been a lot of fun to watch and I look forward to seeing what they do in the playoffs."

Curry achieved yet another shooting milestone, becoming the first player to make 400 three-pointers in a season by knocking down 10 from long range on the way to 46 points and 402 total threes.

THE ASSOCIATED PRESS





The thing that had me cracking up all night long is, I go through 20 years of everybody screaming to pass the ball. And then the last night, they're like,

'Don't pass it!'

Los Angeles Lakers guard Kobe Bryant following his farewell game in which he scored 60 points in a win over Utah

Rams land No. 1 pick

The No. 1 selection in the NFL draft this month has been traded for the first time in 12 years by the Tennessee Titans to the Los Angeles Rams.

In one of the biggest deals in NFL history agreed to on Wednesday and announced on Thursday, the Titans send their No. 1 pick to the Rams for L.A.'s No. 1 (15th overall), two second-rounders (No. 43, No. 45) and a third-

rounder (No. 76). Tennessee also gets the Rams' first- and third-round picks in the 2017 draft. The Rams also get the Titans' fourth-round (No. 113) and sixth-round (No. 177) selections. THE ASSOCIATED

Donaldson delivers knockout blow to Yankees

Josh Donaldson hit a three-run homer and Troy Tulowitzki added a solo shot to power the Toronto Blue Jays to a 4-2 win over the New York Yankees Thursday. THE CANADIAN PRESS

Twins still searching for W

Trevor Plouffe lingered in the dugout after Minnesota's ninth straight loss to open the season, staring at the diamond in disappointment.

The bewildered Twins stumbled Thursday to the worst start by any major league team in 13 years, the Twins were beaten by Mat Latos, Avisail Garcia and the Chicago White Sox 3-1. THE ASSOCIATED PRESS

Valuable experience now under the Raptors' belts

Coach believes past playoff heartbreak will

serve team well

Dwane Casey says the Toronto Raptors are a different team thanks to the lessons learned over two heartbreaking NBA playoff series.

That's why, when the bright lights of the post-season switch

on, the coach believes his team will be ready.

"Everybody talks about 'Oh you got swept, you got whupped last year in the playoffs.' Yeah, we did. But the experience factor was huge," Case said. "I always say you've got to go through something to get to where you want to go. Last year was our something."

The Raptors begin their third consecutive playoff appearance Saturday against the visiting Indiana Pacers. The Raptors took Brooklyn to seven games in a thrilling series two seasons ago, and then were dispatched

We feel like we should have a premiere time slot.

Dwane Casey, whose Raptors open the playoffs at 12:30 p.m. on Saturday

by Washington in four straight last year.

From the referees' calls to the ear-splitting roar of the Air Canada Centre crowd, they were like pages in a playoff textbook, and the players,

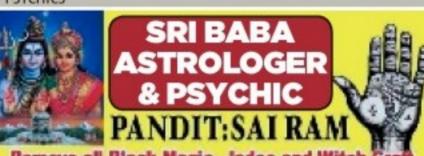
Casey said, are the wiser for it. "They get there and they've

seen it," Casey said. "All at once you get double-teamed or your shot doesn't fall, and you don't let it affect you as much as you did last year. There's nothing new they're going to throw at you that you haven't seen, so that experience is huge. The intensity of the game is not going to bother you."

The Raptors roll into the post-season riding a recordsetting season that saw them win a franchise-best 56 games, including a team-high 32 at home. THE CANADIAN PRESS

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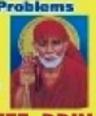
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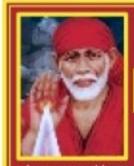
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17

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RECIPE French Toast Nuggets Stuffed with Lemon Ricotta



Ceri Marsh & Laura Keogh For Metro Canada

This cheesy French toast with its subtle hit of lemon could be a unique weekend brunch but we think what really makes it special is when we call it dinner.

Ready in

Prep time: 15 minutes Cook time: 20 minutes

Ingredients

For the French Toast:

- 1 multi-grain baguette loaf
- 5 eggs
- 1 cup milk
- 1 teaspoon real vanilla extract
- 1 tablespoon cinnamon
- 1/8 teaspoon all spice butter
- 1 pint blueberries
- For the Ricotta Filling: 1/2 cup ricotta cheese
- zest and juice of 1/2 lemon
- 2 teaspoons sugar

Directions

- 1. Slice baguette into 1-inch pieces and then cut a pocket horizontally through the side into the centre of the slice. In a mixing bowl, whisk eggs, milk, vanilla, cinnamon and all spice. In a separate bowl, mix the ricotta, zest, juice and sugar.
- 2. Using a teaspoon, fill the pocket of each slice of baguette then place pieces into a 8x8 inch baking pan and pour the egg mixture over the bread. Allow the bread to soak for 10 minutes.
- 3. In a large skillet, melt the butter over medium heat then lay down your soaked baguette pieces. Allow each side to cook until golden brown, about 3 to 5 minutes each side. Repeat until you've completed all the slices. Serve with maple syrup

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

21

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60

48

54

26

32

36

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35

ACROSS

1. Canadian screenwriter/actress Ms. Vardalos 4. Soup's holder 8. Christie _-O (Canadian cookie brand) Kingston's prov. mortals 16. Sign up 17. Bit of info relayed by the anchor to the viewers: 2 wds. 19. Latin for 'and others': 2 wds. 20. Colourful fish 21, Dial 23. Global currency org. 24. Missed baseball swing 26. 1994 Jodie Foster movie 28. Initials-sharers of Apollo's portrayer in "Rocky" (1976) 31. '80s Pres. monogram 32. Ms. Zadora 33. Screen's spottedsub sound 34. Prefix to 'phobia' (Fear of heights) 36. Sty cry 37. Govern 38. Asparagus, for one: 2 wds. 41. Choice, briefly 42. NBA officials 43. Meow ...meanly 44. Hairstyle 45. MLB's Diamondbacks, on score-

55, Skin care company 57. Roof's overhang 58. Acadian songstress Edith 61. Face-to-face: 2 wds. 63. Motto 64. Haves and have-_

65. Commuter's purchase [abbr.] 66. Titanic-survivorsrescuer Carpathia was a steamship of what ocean liner company? 67. Wordlessly exclaim "Oh, my goodness!" 68. Yeah

DOWN

56

64

1. Taboos 2. Awkward

3. Battling: 2 wds. 4. Fitness stat. Dr. _ (Food empire which owns the desserts line by #18-Down, such as #7-Down

...while Smucker's

16

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37

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62

marmalades) 6. Songbird sort 7. Prepare-it-at-home dessert product under the label at #18-Down: 3 wds. Membership 9. Up to

owns #18-Down's

weight 11. Canadian athlete Mike Weir's gear: 2 wds. 12._ Lilly and Company 13. Old music high note 18. Originated-in-Toronto family company known for fruit spreads. as well as #7-Down 22. Human _ (Earth people) 25. Tae _ do 27. Place for a dock 29. Prince Harry's brother, fun-style 30. "Pursuit of the Graf _" (1956) 33. More mastermindful 34. Galley garb 35.Flin Flon, Manitoba is right near this Saskatchewan town 36. Exaggerate 38. Furry friends gr. 39. 'Tele' suffix 40. Archaic pro-46. Vatican vaults 48. Complaint to an Otologist, "___ hurts, Doc." 50. Hit off 1986's "Control" 51. Call forth 52. Mishaps fixed at garages 54. Aquatic organism 56. Old World buffalo 58. Grad letters 59. Arctic knife 60. Boxing bout div.

62. Sixth sense,

shortly

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

boards

46. Bilk

47. Director Mr. Lee

48. Nero's 2550

53. Farming feed

49. Destroyed

Aries March 21 - April 20 TGIF! This is a lovely day to play and enjoy the company of others. Sports events, social outings, playful activities with children and romantic rendezvous will please you. Have fun!

Taurus April 21 - May 21 You will enjoy entertaining at home today because it's a feel-good day and your focus is on home and family. A conversation with a parent could be significant.

Gemini May 22 - June 21 You will love schmoozing with everyone today. People are in the mood to party - and hey, it's Friday! This is also a strong day for those who write, sell, market, teach and act.

Cancer June 22 - July 23 Business and commerce are favored today. Not only will you enjoy financial transactions, you also will enjoy shopping, especially for clothes that give you status.

leo July 24 - Aug. 23 Today the Moon is in your sign, which means you have a bit of good luck. (It's an edge that you have over all the other signs.) Enjoy parties, schmoozing and romance!

Virgo Aug. 24 - Sept. 23 Gifts, goodies and favors from others will come your way at this time. Today, and indeed, the week ahead, is an excellent time to negotiate loans and mortgages.

Libra Sept. 24 - Oct. 23 What a wonderful day to enjoy the company of close friends and partners! The world is in party mode, and you are dressed and ready to go! (You are a social sign.)

Scorpio Oct. 24 - Nov. 22 Personal details about your pri vate life might be made public today. Hopefully, this is because you are receiving recognition for your achievements.

Sagittarius Nov. 23 - Dec. 21 Do something different today! Shake it up a little. Travel if you can, or go someplace you've never been before, even if it's an exotic, ethnic restaurant.

Capricorn Dec. 22 - Jan. 20 This is a strong day for business discussions, especially regarding inheritances, insurance issues and shared property.

Aquarius Jan. 21 - Feb. 19 Because the Moon is opposite your sign today, you have to go more than halfway when dealing with others. This simply requires patience, tolerance and some friendly accommodation.

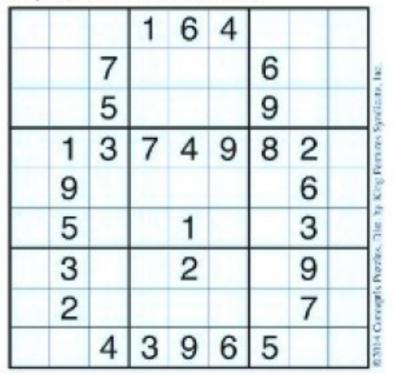
) Pisces

Feb. 20 - March 20 Although you are in party mode, nevertheless, you can accomplish a lot at work today. Just remind yourself that if you work hard, then you can party hard!

CONCEPTIS SUDOKU by Dave Green

10. Apothecary

Every row, column and box contains 1-9



STAND OUT FROM THE CROWD

The fear of losing a life or position may lead to loss of eternal blessings. However, Shadrach, Meshach and Abednego stood out and became the heroes of their time. The King, that wanted to see them burnt to ashes made a U-turn and declared. Therefore I make a decree: Any people, nation, or language that speaks anything against the God of Shadrach, Meshach, and Abednego shall be torn limb from limb, and their houses laid in ruins, for there is no other god who is able to rescue in this way." (Daniel 3: 29 ESV) Stand for Jesus and make it known anywhere you are. For prayers and counseling call the pastor at 587.579.0454

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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9 4 7 6 3 8 5 2 1

APOLOGIES

No, your eyes were not fooling you yesterday. Due to a production error on our part, the wrong cross-word clues ran on the Play page in some of our cities. Above you will find the correct clues and puzzle grid.

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feel.



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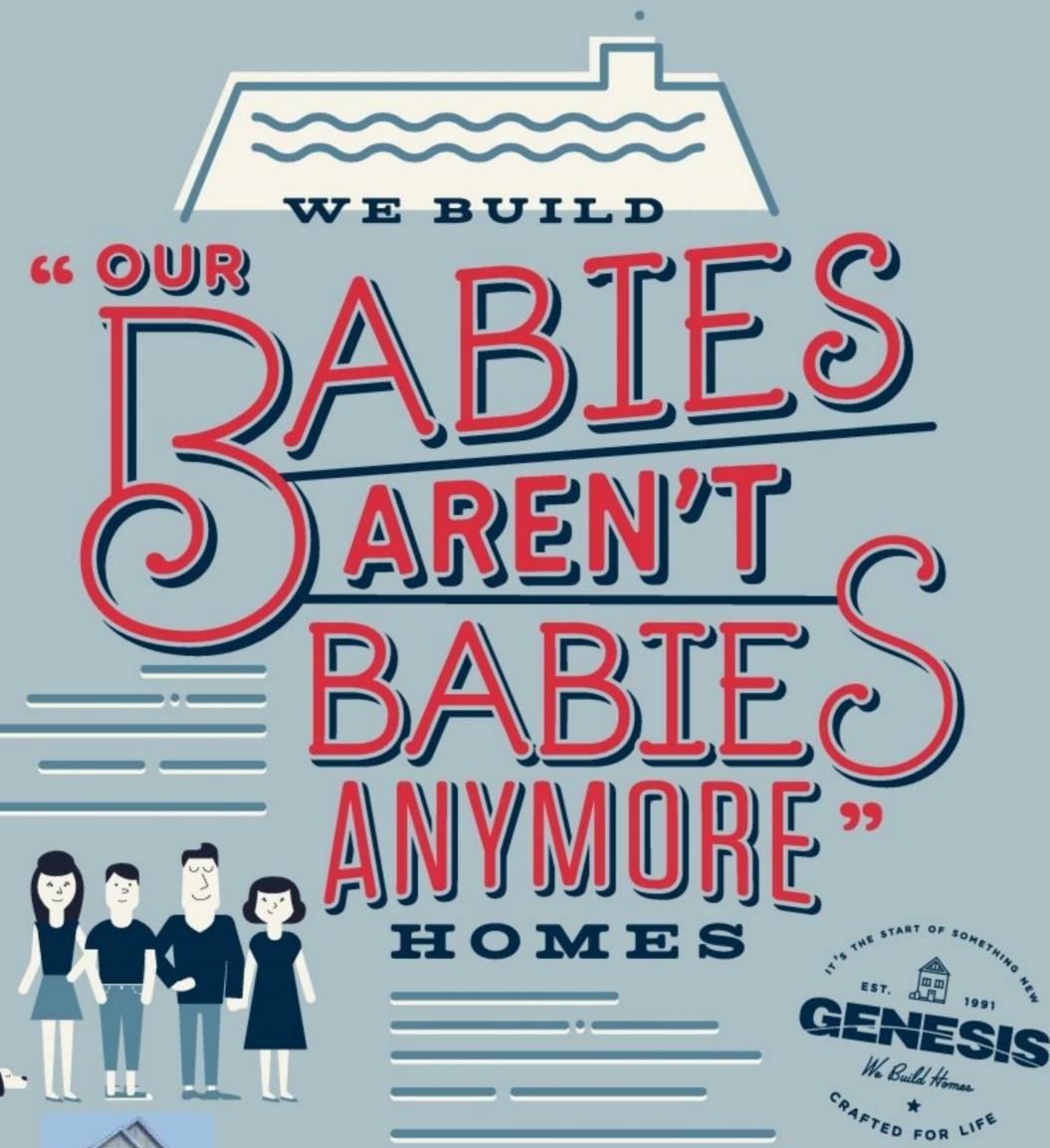
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